

Muscles in Action - Grade 4 Worksheet

Name: _____ Date: _____

1. Look at the picture (arm bending). Which muscle is working?

Biceps Triceps Both

2. When the arm becomes straight, which muscle works?

Biceps Triceps Both

3. Match the following:

Action	Muscle
Bend the arm	_____
Straighten the arm	_____

4. Fill in the blanks:

a) When biceps contract, the arm _____.

b) When triceps contract, the arm _____.

5. True or False:

a) Exercise keeps muscles strong. _____

b) Eating junk food keeps muscles healthy. _____

c) Rest is important for muscles. _____

6. Tick the correct answers:

- Exercise
- Healthy food
- Enough rest
- Sitting all day