

FIL IN THE BLANKS WITH THE PROVIDED WORDS.

VIT. & MIN. PIVOT POSTURE JOINTS CARTILAGE
GLIDING JOINTS LIGAMENTS 600 TENDONS FLOATING
STRIATED PROTEIN INVOLUNTARY EXERCISE SPINALCORD
PECTORAL
12 7-8 BONE MARROW

1. _____ allows us to bend or rotate our body parts.
2. _____ are soft tissues that connect a bone to bone.
3. The _____ act like a cushion and avoid friction between the two bones when they move.
4. _____ nutrient helps in repairing the tissues of the body and in healing small cuts wounds.
5. _____ nutrient makes our bones joints and muscles strong .
7. _____ is the position in which we hold our body while sitting or standing.
8. Regular _____ keeps the bones joints and muscles strong and healthy.
9. We should sleep for at least _____ hours.
10. Smooth muscles of our body are controlled by _____ .
11. Cardiac muscles are _____ in nature.
12. _____ joint is found in wrist and ankles.
13. There are _____ muscles in our body.
14. Our muscles and bone remains attached by the help of _____ .
15. _____ muscles are voluntary in nature.
16. Blood cells are produced in the _____ present inside the bones.
17. _____ girdle consists of a pair of shoulder blades and collar bones .
18. In our body _____ joint is found between the skull and the backbone.
19. Ribcage of our body consists of _____ pairs of bones.
20. Last two pairs of ribs are also known as _____ ribs.