

Lesson 8

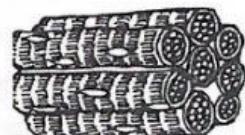
Muscular System

The **muscular system** is made up of muscle tissue. The cells that muscle tissues are made up of can change their lengths by **contracting** and **relaxing**. Muscles are found throughout the body and are responsible for the movement.



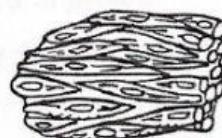
There are three types of muscles

Skeletal Muscles These muscles move the limbs and other parts of the body. They are stretched across the bones. These muscles can only pull on bones and must work in pairs. When muscles contract, they pull on the bones to which they are attached causing the bones to move.



Skeletal Muscle

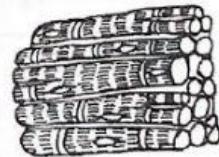
Smooth Muscles These muscles line the organs of the body. Example: **kidneys, stomach, intestines**.



Smooth Muscle

Cardiac Muscles These muscles are only found in the heart.

Muscles are connected to bones by **tendons**. Tendons are connective tissue that is unable to stretch. The muscular and skeletal systems work together to cause movement in the body.



Cardiac Muscle

Food for muscles

Dairy products, fruits, and vegetables contain calcium and other minerals that are used by muscles when they contract. Milk, meat, fish, and eggs contain proteins. **Proteins** help build muscle tissues. Bread and cereals provide energy that muscles need to move bones. Exercise helps muscles to become stronger. Rest and sleep also keep muscles healthy.

BODY SYSTEMS

Observe the diagram below.



1. What **TWO** body systems are being represented in the diagram above?

i. _____ [1]

ii. _____ [1]

2. What happens as a result of these two body systems working together?

_____ [1]

3. Muscles need protein. Tell how protein help muscles. [2]

4. Name **TWO** foods rich in protein. [2]

_____ and _____

5. Why do skeletal muscles have to work in pairs? [2]

6. Suggest **TWO** ways to take care of your Muscular System.

i) _____ [1]

ii) _____ [1]