

The Muscular System

Name: _____

Date: _____



Read and answer the following questions correctly.

1. What is the main function or job of the muscular system?
 - a. to assist with movement
 - b. to fight diseases
 - c. to protect the organs of the body
 - d. to pump blood throughout the body
2. Which body systems works along with the muscular system?
 - a. Circulatory System
 - b. Immune System
 - c. Respiratory System
 - d. Skeletal System
3. What is the name of the connective tissues that attach muscles to bones?
4. Read each description below. Complete the table by matching the description to the Types of Muscles.

DESCRIPTION	TYPES OF MUSCLES
found only in the heart	Voluntary
muscles that you can control	Smooth
stretched across the bones	Cardiac
found in the lining of organs	Involuntary
muscles that you cannot control	skeletal

5. Read each statement below. Write TRUE if the statement is true or FALSE if the statement is false on the lines provided.

_____ Muscles change their length by contracting and relaxing

_____ Muscles can only be found in the leg

_____ Muscles are what we eat from animals.

6. Give **Two** ways to take care of the muscular system.

- a. Eat green vegetables and stay up late c. rest and sleep
- b. Eat lots of chips and juice d. eat dairy products and candies

7. Complete the statement below to show cause and effect.

Muscle tissues is built as a result of eating _____.