

SCIENCE 4
Q2 WEEK 9

Check the letter of the correct answer.

1. Which of the following statement is true?
 - a. Involuntary muscles are under your conscious control
 - b. Skeletal muscles cover your skeleton, giving your body its shape.
 - c. Skeletal muscles pull in two directions.
2. Which of the following statement/s are correct?
 - a. Cardiac muscle only exists in the heart.
 - b. Cardiac muscle is a voluntary muscle responsible for making your heart beat.
 - c. Cardiac muscle never gets tired. It works constantly without ever pausing to rest.
3. Which type of muscle is found in hollow organs like your intestines and stomach?
 - a. smooth muscle b. voluntary muscle c. skeletal muscle
4. Which of the following food are good for the muscles?
 - a. cheese and vegetables b. egg and fish c. rice and fruits
5. What attaches the muscles to the bones?
 - a. tendon b. ligament c. skeletal bands
6. Which of the following muscles are voluntary?
 - a. stomach and heart muscles
 - b. pupil and muscles in the intestines
 - c. face and neck muscles

Write True or False.

- _____ 7. Our skeletal and muscular system must work together to enable movement.
- _____ 8. Eating high fat meat is good for our muscles.
- _____ 9. Good posture, eating a balanced diet and exercising is good for your muscles.
- _____ 10. Muscular dystrophy is an inherited disease that weakens the muscles over time.

