



BTC Formation School Inc.
Grand Terrace Subdivision
Casili, Consolacion, Cebu



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ACTIVITY 1

Read each item carefully and choose the letter of the correct answer.

1. Which of the following is NOT a function of the skeletal system?

- a. It protects the delicate organs of the body.
- b. It supports the body.
- c. It transports food to the different parts of the body.
- d. It enables the body to move.

2. What is the function of the axial skeleton?

- a. It aids in the movement of the body.
- b. It connects the muscles to the skeleton.
- c. It protect the delicate organs of the body.
- d. It acts as a shock absorber.

3. What is the characteristic of ligaments?

- a. Can stretch to facilitate the movement of the bones.
- b. The ends are covered with an oil-like fluid that acts as lubrication.
- c. Can enable the bones to move freely in all directions.
- d. Can connect the ends of muscles to the bones.

4. Which of the following bones protect the brain?

- a. backbone b. hipbones c. ribs d. skull

5. Which of the following components of the skeletal system hold two bones together?

- a. cartilage b. joint c. ligament d. tendon

6. Which of the following protect the heart and lungs from injury?

- a. skull and breastbone c. ribs and collarbones
- b. shoulder blade and collarbones d. ribs and breastbones

7. Which of the following is a skeletal muscle?

a. muscle of the diaphragm

c. muscle of the stomach

b. muscle of the lungs

d. muscle of the thigh

8. Which of these organs has voluntary muscles?

a. arms

b. esophagus

c. heart

d. stomach

9. Which type of muscle is involved in the beating of the heart?

a. cardiac muscles

c. skeletal muscles

b. smooth muscles

d. all muscles

10. Which activity is made possible by smooth muscles?

a. blinking

b. digesting

c. running

d. writing

ACTIVITY 2

Identify the kind of muscle that is involved in the given activity. Choose the correct answer and type it on the blank.

SKELETAL

SMOOTH

CARDIAC

_____ 1. digestion of food

_____ 2. blinking of the eye

_____ 3. writing

_____ 4. breathing

_____ 5. beating of the heart