

NAME

DATE

MARK THE CORRECT ANSWER WITH AN X.

1 Bones are organs that are...

- ☐ a) hard and flexible.
- ☐ b) hard and strong.
- ☐ c) flexible and flat.

2 Which are the bones of the skull?

- ☐ a) femur, tibia and fibula
- ☐ b) frontal bone, scapula and temporal bone
- ☐ c) jaw, frontal bone and parietal bone

3 The muscles of the skeletal and muscular system are called...

- ☐ a) relaxed muscles.
- ☐ b) contracted muscles.
- ☐ c) skeletal muscles.

4 Where is the masseter?

- ☐ a) in the trunk
- ☐ b) in the head
- ☐ c) in the limbs

5 The antagonist muscles...

- ☐ a) relax and stretch.
- ☐ b) make opposite movements.
- ☐ c) contract and get harder.

6 Which one is an involuntary movement?

- ☐ a) a reflex action
- ☐ b) a voluntary action
- ☐ c) the muscle extends

7 A sprain occurs when...

- ☐ a) a bone breaks.
- ☐ b) a ligament is stretched.
- ☐ c) a muscle contracts.

8 Sunlight helps our body to produce...

- ☐ a) phosphorus and calcium.
- ☐ b) vitamin A.
- ☐ c) vitamin D.

9 Calcium and phosphorus are essential...

- ☐ a) to help our muscles grow.
- ☐ b) to produce vitamin B.
- ☐ c) to help bones grow.

10 To avoid unnecessary strain on our backbone and back muscles, we need to...

- ☐ a) sit up straight.
- ☐ b) always use a helmet.
- ☐ c) eat fish.