

Your Skeletal and Muscular Systems

Fill in the blanks with the correct term.

Functions:

_____. Bones are like beams that support the building.

_____. Skull protects your brain.

_____. Muscles and bones move all your body.

Structure of Skeletal System

Adults have _____ bones. Bones are hard but spongy inside.

Joints are places where one bone meets another.

Connecting tissues are connecting bones and muscles.

Types of connecting tissues:

_____ - it covers ends of bones and supports nose and ears.

_____ - is connecting bone to bone.

_____ - is connecting the muscle to the bone.

Structure of Muscular System

The body has over _____ muscles. There are three types of muscles:

_____ - are voluntary muscles because you can control them.

_____ - is the heart muscle.

_____ - are involuntary muscles such as stomach and heart.

Keeping Your Bones and Muscles Healthy

_____. Bones need calcium. Muscles need carbohydrates for energy and protein for growth.

_____. Bones and muscles need regular exercise.

_____. It helps joints to stay in place and muscles to stay in shape.

_____. allow your muscles to recover and get re-energized.