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New words :-

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| 1.) Body | 6.) outdoor games |
| 2.) muscles | 7.) healthy food |
| 3.) bones | 8.) joints |
| 4.) skeleton | 9.) swimming |
| 5.) biceps. | 10.) exercise. |

Que - Ans.

Q-1. To move parts of our body our bones have to move. What makes them move?

A-1. Muscles pull the bones to make them move.

Q-2. How can we make our bones and muscles strong?

A-2. We can make our bones and muscles strong by doing exercise and eating proper food.