

7. Healthy food and daily exercise make our muscles strong.



Exercises

A. Fill in the blanks. Choose words from the box.

600 muscles pull biceps shape

1. Most of the soft parts of our body are our muscles.
2. The skeleton gives our body its shape.
3. Muscles pull at bones to make them move.
4. There are more than 600 muscles in our body.
5. The muscles that pull your arm up are the biceps.

B. Put ✓ for True and ✗ for False.

1. Some parts of our body cannot be seen from outside. ☒
2. Muscles pull and push bones to make them move. ☒
3. The place where a bone meets a muscle is called a joint. ☒
4. There are more than 200 bones in our body. ☒
5. Exercise makes bones and muscles strong. ☒

C. Put a ✓ on the correct answer.

1. Which of these body parts helps to move our head?
a. Hands ☒ b. Neck c. Leg
2. Hair grows on our
☒ a. skin ☒ b. bones c. muscles

3. Which of these is done by our skeleton?

a. Support the body

b. Give shape to the body

☒ c. Both a and b

4. Which of these foods keeps our bones and muscles healthy?

☒ a. Milk

b. Fruits

c. Vegetables

D. Name these.

1. The hard parts of our body.

..... bones

2. We use them to move the bones.

..... muscles

3. It covers almost our entire body.

..... skin

4. It gives our body its shape.

..... skeleton

5. A place where two or more bones meet.

..... joint

E. Answer these questions.

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

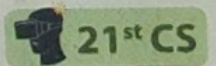
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2. How can we make our bones and muscles strong?

.....
.....



Thinking Skills



21st CS

1. What do you think would happen if

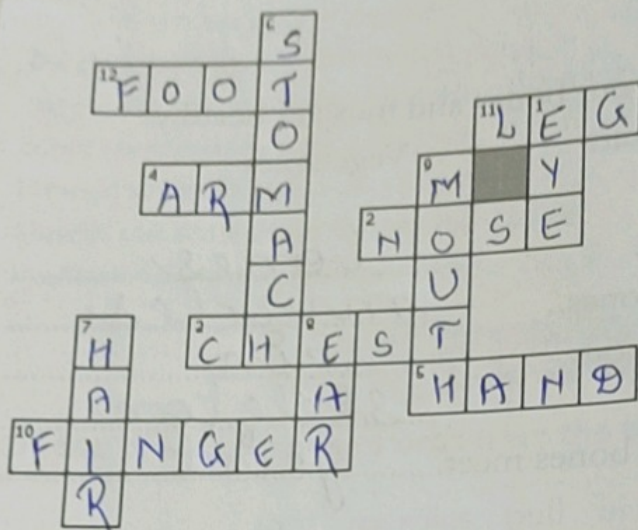
a. You had no bones?

..... If we had no bones our bodies would have been weak and without a proper shape.

b. You had only one bone from top to bottom, without any joints?

..... If there was only one bone from top to bottom without any joints, we would not be able to move our body parts.

2. Find out the names of body parts in this word puzzle.



LEARNING BEYOND CLASSROOM

1. Posture is the way in which you stand, sit or walk. You should always try to have a straight posture while standing, sitting or walking. Bad posture can damage our muscles and bones.



Stand straight



Sit straight



Walk straight

2. Yoga is an ancient practice which started in India almost 5000 years ago. Yoga improves strength, flexibility and well-being. It is important to do a few simple yoga asanas every day. Breathing exercises such as pranayama help to relax the mind and body.