

Name : _____

Topic: Science – Muscular System

DIRECTIONS: Choose the letter of the best answer.

_____ 1) How does the muscular system help us move?

- A) The muscles cover our skeleton.
- B) The muscles contract and relax.
- C) The bones have joints.

_____ 2) Which organ is also a muscle?

- A. lungs
- B. skull
- C. heart

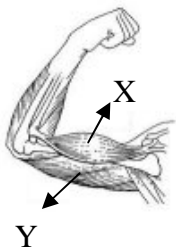
_____ 3) What organ system does the muscular system work with to make us move?

- A. Skeletal system
- B. Circulatory system
- C. Digestive system

_____ 4) Which situation shows that the muscular system is doing its function?

- A. Lifting a 1-kg dumbbell weight
- B. Drinking a chocolate shake
- C. Smelling a bouquet of flowers

_____ 5) Which best describes the movement of the muscle in the diagram below?



- A. Muscle X relaxes and Muscle Y contracts
- B. Muscle X contracts and Muscle Y relaxes
- C. Muscle X relaxes and Muscle Y relaxes
- D. Muscle X contracts and Muscle X contracts

DIRECTIONS: Label the parts of the muscular system.

thigh muscles	neck muscles	shoulder muscles	arm muscles
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