



Bones and Muscles

⇒ Assignment 1 ⇒

A. Fill in the blanks with the correct words below.

skeleton

hard

posture

exercise

dairy products

shape

stand

Strong

Joints

bones

1. Bones are the _____ parts of our body.
2. All the bones together form the _____.
3. The skeleton gives _____ to our body.
4. _____ help us to move our body in different directions.
5. Muscles cover all the _____ of our body.
6. We must always _____ straight and walk upright.
7. Good _____ keeps our body in proper shape.
8. _____ bones help to perform activities.
9. Eating _____ support healthy bones and muscles.
10. We must _____ every day to make our bones and muscles strong.



B. Complete the words related to the human body.

- 1. J I T
- 2. B N S
- 3. E B W
- 4. M S C S
- 5. S K E T N

C. Tick (✓) the good postures and cross (X) the wrong ones.

1.



or



2.



or



3.



or



D. Find five words related to our body, then write them down.

J	K	N	P	F	K	E	V	B	A
O	S	K	E	L	E	T	O	N	R
I	J	S	K	B	A	K	B	H	M
N	N	B	O	N	E	S	R	G	S
T	M	P	W	P	O	Q	J	D	U
U	Z	E	S	E	M	U	N	U	R
M	M	U	S	C	L	E	S	L	E
F	D	I	D	O	P	S	T	K	J

1. _____
2. _____
3. _____
4. _____
5. _____

E. Answer the following questions.

1. What is a posture?

2. What is a skeleton?

3. How do joints help you move?

4. Why are muscles important for our body?

5. Give two examples of good body posture.

F. Exercising regularly and eating healthy food are important for strong bones and muscles. Draw a picture of your favourite healthy foods.



Assignment 2

A. Cross (X) the correct answer.

- The strongest part of our body is our _____.
 - head
 - teeth
 - leg
- Our _____ gives shape and support to our body.
 - skin
 - skull
 - skeleton
- What is the skeleton in our body made of?
 - Bones
 - Muscles
 - Hair
- Two or more bones meet at a _____.
 - joint
 - movement
 - skull
- Look at the picture. What is the arrow pointing at?
 - Knee joint
 - Wrist joint
 - Elbow joint



6. Muscles are the _____ parts of our body.
- hard
 - soft
 - sharp
7. Muscles help us to _____ our bones.
- break
 - paint
 - move
8. Which of the following is not possible with the help of bones and muscles?
- Running
 - Writing
 - Thinking
9. What can happen to you if you watch TV while lying in bed, like in the picture?
- Get back pain and neck pain
 - Have a good posture
 - Eyes will be less tired
10. _____ helps keep our bones strong.
- Coffee
 - Calcium
 - Sugar



B. Write 'T' for true statements and 'F' for false ones in the boxes.

1. Regular exercise is not necessary for good health.
2. We must always sit up straight.
3. All the bones together form the muscular system.
4. Muscles are attached to our bones.
5. Bones are covered by muscles and skin.

C. Draw lines to match the picture with the correct answer.

1.



•

• a. Skin

2.



•

• b. Joint

3.



•

• c. Skeleton

4.



•

• d. Muscles

D. Name the following.

1. The parts that help us move our bones.

2. The place where two or more bones meet.

3. The hard parts of our body.

4. The framework of all the bones together.

5. The position of our body when we sit, stand, or walk.

E. Answer the following questions.

1. What kinds of food that are good for bone health?

2. Where can we get vitamin D from?

3. What are the functions of the skeleton?

4. Why is good posture important for our body?

5. Why should we keep our bones and muscles strong?

