

Chapter - 10
Bones and Muscles

classmate

Date _____

Page _____

EXERCISES

[A] Answer these questions:-

Q.1 What is skeleton?

Ans = Bones of the body make a framework called skeleton.

Q.2 How many bones are there in our body?

Ans = There are 206 bones in our body.

Q.3 How many muscles are there in our body?

Ans = There are more than 600 muscles in our body.

Q.4 What is posture?

Ans = The position in which we hold our body when we sit, stand and walk is called posture.

Q.5 Why do we need exercise?

Ans = We need exercise to keep our bones and muscles fit and healthy.

[B] Fill in the blanks:-

① Skin protect the soft organs inside the body.

② Bones and muscles work together.

- ③ Exercise makes our muscles strong.
- ④ When we walk, we should swing our arms freely.
- ⑤ Muscles helps our bones to move.
- ⑥ Correct posture makes all parts of our body work well.

[C] Mark a (✓) for true and a (✗) for false.

- ① Bones and muscles are covered with skin.
- ② Some joints allow our body parts to move in all directions.
- ③ It is not necessary to do some exercise everyday.
- ④ Muscles that move our eyes are very large.
- ⑤ We should walk straight with our chest in.
- ⑥ We should not keep our back straight when we sit.

[Q] Tick (✓) the correct answer :-

- (1) The number of bones in our body is
- (a) 206 (b) 620 (c) 207

[2] The number of muscles in our body
(a) more than 600 (b) less than 600 (c) 600

[3] Bones are linked together by :-

(a) skin (b) joints (c) muscles

[4] Big and strong muscles are found in

(a) eye (b) nose (c) arms and legs

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