Circle the letter of the correct answer.

1. Bones and joints form a structure called
   a. Muscular System  
   b. Skeletal System  
   c. Bone System

2. The point where our bones meet is called
   a. Ligament  
   b. Tendon  
   c. Joint

3. Which group of bones protect our internal organs?
   a. Pelvic Bone, Skull and Ribcage  
   b. Skull and Ribcage  
   c. Spine, Femur, Humerus

4. Which of the following is not true of axial and appendicular bones?
   a. Axial bones protect body organs while appendicular bones help in body movement.  
   b. Axial bones consist of the lower body bones while appendicular consists of upper body bones.  
   c. The skull, ribcage are part of axial bones while the arms, legs, shoulders and pelvis bones are part of the appendicular bones.

5. What nutrient is needed to keep our bones healthy?
   a. Calcium and fiber  
   b. Calcium and protein  
   b. Calcium and Vitamin A

Fill in the blanks.

1. Give the 3 main functions of the skeleton:
   a. ____________________________________________________________________
   b. ____________________________________________________________________
   c. ____________________________________________________________________

2. Humans are born with 300 bones but as adults it is reduced to 206 bones. What caused this decrease?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
3. Name 3 ways we can take care of our skeletal and muscular systems:
   a. __________________________________________________________________
   b. __________________________________________________________________
   c. __________________________________________________________________

4. True or False. The hinge joint in our knee allows our leg to move back & forth in all directions.

5. Besides our arms and legs, name 2 body parts where muscles are present.
   a. ____________________________________________  b. ________________________________

6. Muscles work in pairs. When one muscle _________________________ to pull the bone, its partner muscle _____________________________________.

Identify the skeleton parts in the picture.
Answer Key:

Multiple Choice.
1. B
2. C
3. A
4. B
5. B

Fill in the blanks.
1. a. supports our body
   b. gives our body its shape
   c. protects the soft organs inside our body
2. The bones fused/join together as we grow from a child into an adult
3. eat a balanced diet; good posture; exercise
4. F
5. heart, fingers, toes, cheeks stomach, neck, eyes etc.
6. contracts, relaxes

Skeleton Parts:
1. skull
2. ribcage
3. spine
4. femur
5. patella or knee cap