

Q-1 Choose the correct option.

1. The skeletal system is made of _____ and is called the skeleton.
a. Muscles b. Bone marrow
c. Bone d. Stone
2. The places where the bones meet or join together are called _____.
a. Limbs b. Joints
c. skull d. Skeleton
3. The middle portion of some bones is filled with a soft fatty material called _____.
a. Bone marrow b. Muscles
c. Skull d. Ribcage
4. The skull of adult is made up of ____ bones.
a. 25 b. 20
c. 22 d. 23
5. The jawbone is the ____ shaped bone of the lower jaw.
a. H b. U
c. V d. W

6. Which is the largest and the strongest bone in the face.

- a. Skull
- b. Nose
- c. Teeth
- d. Jawbone

7. The Skull is attached to the _____.

- a. Ribcage
- b. Backbone
- c. Jawbone
- d. Limbs

8. The back bone is also known as _____.

- a. Spine
- b. Vertebrae
- c. Girdles
- d. Both a and b

9. There are ___ pairs of ribs, all of which are attached to the backbone at the back.

- a. 10
- b. 11
- c. 12
- d. 13

10. The Ribcage protects the _____ and lungs.

- a. Limbs
- b. Heart
- c. Backbone
- d. Girdles.

11. There are ___ pairs of limbs in our body.

- a. 3
- b. 2
- c. 4
- d. 1

12. How many bones are present in our hands and wrists?

- a. 27
- b. 30
- c. 33
- d. 12

13. How many types of Girdles are present in our body?

- a. 1
- b. 2
- c. 3
- d. 4

14. The bones at the joints are held together by strong tissue called_____.

- a. ligaments
- b. Jaw
- c. Pivot
- d. Limbs

15. There are _____ different muscles in our body.

- a. 200
- b. 400
- c. 600
- d. 800

16. A _____ joint allow movements in almost a full circle.

- a. Ball and Socket
- b. Hinge
- c. Pivot
- d. Gliding

17. A _____ joint allow back and forth movement only in one plane.

- a. Ball and Socket
- b. Hinge
- c. Pivot
- d. Gliding

18. _____ joint allows backward and forward movements as well as side to side movement.

- a. Ball and Socket
- b. Hinge
- c. Pivot
- d. Gliding

19. Muscles provide support to the _____.

- a. Joints
- b. Bones
- c. pivot
- d. Ligaments

20. Swimming and Bicycling do help build strong _____.

- a. Ball and socket
- b. Muscles
- c. Bones
- d. Girdles

Q-2 Fill in the blanks.

1. The skeleton of a child has approximately _____ bones.
2. Adults have _____ bones in their body.
3. _____ and _____ blood cells are produced in the bone marrow.
4. The _____ bones protect the brain.
5. The backbone is made up of _____ ring-shaped bones called vertebrae.
6. The backbone helps us to bend or _____.
7. The ribs are curved bones which form a cage around the chest called _____.
8. As the last two pairs of ribs are not attached to the sternum, they are called _____.
9. The upper arms consists of a single long bone called the _____.
10. Many small bones are present in the _____.
11. _____ Cells are produced in the bone marrow.
12. Voluntary muscles have a stripped or striated appearance and are also called _____ muscles.
13. _____ Muscles do not have striations.
14. Bones, muscles and joints make up the _____ system.
15. Maintaining good posture is very important for good _____.
16. The framework of bones is called the _____.
17. Regular exercise promotes better _____.
18. _____ are elastic tissues which contract and relax to move the bones.
19. _____ Muscles work continuously throughout the lifetime of a person.
20. The _____ joint allows the head to move up, down and sideways.