

Exercises



SECTION I

A. Choose the correct option.

1. The framework of bones that gives support to our body is called the
a. cartilage b. marrow c. muscles d. skeleton
2. The protects the heart.
a. skull b. ribcage c. backbone d. limbs
3. Which of the following holds the ribs together in the front?
a. Backbone b. Sternum c. Limbs d. Marrow
4. This joint allows only back and forth movement.
a. Hinge joint b. Gliding joint
c. Pivot joint d. Ball-and-socket joint
5. It is the only bone on the face that can move
a. Backbone b. Jawbone c. Ribcage d. Humerus

B. Choose the correct option to fill in the blank.

1. There are (206/306) bones in an adult human skeleton.

2. The backbone protects the delicate (spinal cord/brain).
3. The ribcage is made up of (12/13) pairs of ribs.
4. Bone (marrow/water) present inside the bones produces the blood cells.
5. The pivot joint allows the movement of the (head/leg).
6. Milk, egg, cheese, and fish are good sources of (protein/carbohydrates).

C. Write T for True and F for False. Correct the False statements.

1. The backbone is a hollow, round structure present in the head.
2. Human beings have six limbs.
3. The skull protects the brain.
4. The knee joint is a ball-and-socket joint.
5. The involuntary muscles present in the stomach and intestines are smooth muscles.
6. Calcium helps in the formation of bones and teeth.

D. Name the following.

1. A framework of bones present in the body
2. A series of small bones that make up the backbone
3. A long, flat bone present at the centre of chest
4. The longest bone in the body
5. The bone in the upper arm
6. The muscles whose movement can be controlled by us
7. The muscles whose movement cannot be controlled by us
8. The muscles present in the stomach and intestines
9. The muscles present inside the wall of the heart

E. Write the name of the joint present in the following parts of the body.

1. Ankles
2. Knees
3. Shoulders
4. Elbows
5. Hip