

SKELETAL SYSTEM

SUBJECT TEACHER- SONI KUMARI

D . Answer the following questions :

3 . Mention the different types of muscles in our body .

Ans :- These are the two types of muscles in our body

Voluntary muscles

Involuntary muscles

4 . How do muscles work ?

Ans :- Muscles work from this way

When a muscles contracts , it becomes shorter and the bones come closer to each other . This results in pulling or closing up of our arm .

When a muscles relaxes , it becomes longer . This results in stretching or opening up of our arm .

Due to these movement , we are able to work , jump and carry things .

5 . How do we take care of bones ?

Ans :- We take care of bone from this way

Proper posture , exercise and good food keep our bones and muscles strong .

Regular exercise keeps the bones , joints and muscles strong and healthy .

Food items rich in proteins , vitamins and minerals keep our bones and muscles strong .

HOME WORK

Do CW in HW

To remember CW