

Name: \_\_\_\_\_

# Your Muscles

by Cynthia Sherwood

When you think of muscles, you might picture a bodybuilder with big, bulging arm and chest muscles. But your muscles do not have to look like that to work well. Every time you write your name, you use the twenty different muscles in your hand. Every time your heart beats, you use your cardiac muscle. When you chew your food, you use your tongue muscles. You're even using muscles when you blink your eyes. In fact, every time you move, you are using some of the amazing muscles in your body.



A muscle is a little like a rubber band. We can stretch a muscle with extra-big



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like a single rubber band. It takes about 100 muscles to move a single hand. It takes about 100 muscles to move a single hand. It takes about 100 muscles to move a single hand.

There are three different types of muscles. *Smooth muscles* are ones you cannot control. They work behind-the-scenes to keep your body running. Smooth muscles include the ones that help you digest your food. The *cardiac muscle* makes the heart pump blood in and out. *Skeletal muscle* is the kind you can control. These are the muscles you use to raise your hand, swim laps, or ride your scooter. Usually, a skeletal muscle is attached to the end of a bone. Muscles and bones work together to give your body power, strength, and movement. In fact, every year, your leg muscles help you take about five-million steps!

Even your face uses muscles. But if you want to save your energy, try smiling instead of frowning. It takes seventeen muscles in your face to smile, but forty-three muscles to frown!

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1. Which statement is true?

- a. Muscles in your brain help you think.
- b. All of your muscles are attached to bones.
- c. Muscles help you digest food.
- d. All of these statements are true.

2. What are muscle fibers?

3. How are



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4. Draw straight lines to match each fact on the left with the correct number on the right.

- |    |                                     |           |
|----|-------------------------------------|-----------|
| a. | Number of muscles it takes to frown | 17        |
| b. | Number of muscles it takes to smile | 20        |
| c. | Number of muscles in your body      | 5 million |
| d. | Number of steps you take in a year  | 700       |
| e. | Number of muscles you use to write  | 43        |

# ANSWER KEY

## Your Muscles

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1. Which statement is true? **c**

- a. Muscles in your brain help you think.
- b. All of your muscles are attached to bones.
- c. **Muscles help you digest food.**
- d. All of these statements are true.

2. What are muscle fibers?

**Fibers are tiny tissues that feel like rubber bands. Thousands of fibers make up each n**

3. How are



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**Smooth!**

**scles are**

**the ones you can control.**

4. Draw straight lines to match each fact on the left with the correct number on the right.

- |    |                                     |                      |
|----|-------------------------------------|----------------------|
| a. | Number of muscles it takes to frown | <del>17</del>        |
| b. | Number of muscles it takes to smile | <del>20</del>        |
| c. | Number of muscles in your body      | <del>5 million</del> |
| d. | Number of steps you take in a year  | <del>700</del>       |
| e. | Number of muscles you use to write  | <del>43</del>        |