



# ST.LAWRENCE HIGH SCHOOL



JESUIT MINORITY INSTITUTION

CLASS 5

WORKSHEET NO. :16

SUB: GENERAL SCIENCE

F.M. 15

TOPIC: JOINTS AND MUSCLES

DATE: 01.05.2020

**A. CHOOSE THE CORRECT OPTION:**

**15x1=15**

1. A joint is the meeting point of two bones held together by strong tissues called \_\_\_\_\_.  
a) ligaments            b) tendons            c) cartilages
2. The bones at the joints move smoothly because of a synovial fluid which acts like a \_\_\_\_\_.  
a) grease                b) lubricant            c) oil
3. Well-developed muscles give a \_\_\_\_\_ appearance to the body.  
a) beautiful            b) powerful            c) graceful
4. The uppermost vertebra in the neck is called \_\_\_\_\_.  
a) atlas                 b) Ulna                 c) femur
5. A hinge joint is like the hinges in a door and move the bones only in \_\_\_\_ direction.  
a) one            b) two            c) three
6. Muscles are attached to the bones by strong fibres called \_\_\_\_\_.  
a) cartilages            b) tendons            c) ligaments
7. A ball-and-socket joint allows \_\_\_\_\_ movement, as displayed by ballet dancers.  
a) moderate            b) minimum            c) maximum
8. \_\_\_\_\_ muscles are found in heart, structured like voluntary muscles but they are involuntary in function.  
a) Cardiac            b) Skeletal            c) Smooth
9. A \_\_\_\_\_ joint is found between the skull and the first two vertebrae of the spine.  
a) gliding            b) pivot            c) hinge

10. How many muscles are there in the human body?  
a)550      b) 750      c)650
11. The \_\_\_\_\_ joint allows movement at the wrist and ankle, and also between any two vertebrae of the spine.  
a) gliding      b) hinge      c)pivot
12. \_\_\_\_\_ muscles are the muscles that are attached to our skeleton and they are under our control.  
a)Cardiac      b)Involuntary      c)Voluntary
13. \_\_\_\_\_ muscles control actions like the movement of food in the alimentary canal, the flow of blood and the movement of the eye muscles.  
a)Smooth      b) Skeletal      c) Cardiac
14. The bones in the skull are interlocked, making the joints \_\_\_\_\_.  
a) immovable      b)fixed      c)movable
15. \_\_\_\_\_ become stronger with regular exercise.  
a) Ligaments      b) Tendons      c) cartilages

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