

**Review and Reinforce**

# The Skeletal System

## Understanding Main Ideas

Answer the following questions on a separate sheet of paper.

1. Name the five functions of the skeleton.
2. What can people do to help keep their bones healthy and strong?
3. What do movable joints enable the body to do? What are the four types of movable joints?
4. What are three characteristics that show that bones are living structures?

## Building Vocabulary

Match each term with its definition by writing the letter of the correct definition in the right column on the line beside the term in the left column.

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|----------------------|---|
| 5. ___ skeleton      | a. a thick layer of hard, dense material that contains minerals   |
| 6. ___ vertebrae     | b. a place where two bones come together                          |
| 7. ___ joint         | c. a condition in which bones become weak and break easily        |
| 8. ___ ligaments     | d. the 26 bones that make up the backbone                         |
| 9. ___ compact bone  | e. soft connective tissue that produces blood cells or stores fat |
| 10. ___ spongy bone  | f. the framework of all of the bones in the body                  |
| 11. ___ marrow       | g. strong connective tissue that holds movable joints together    |
| 12. ___ cartilage    | h. a strong connective tissue that is more flexible than bone     |
| 13. ___ osteoporosis | i. a layer of bone with small spaces within it                    |

**Review and Reinforce**

# The Muscular System

## Understanding Main Ideas

Answer the following questions in the spaces provided.

1. Which types of muscle tissue are voluntary, and which are involuntary?

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2. Which muscles react quickly, and which tire quickly?

\_\_\_\_\_

3. Why do skeletal muscles have to work in pairs?

\_\_\_\_\_  
\_\_\_\_\_

4. How can you keep your muscles healthy?

\_\_\_\_\_  
\_\_\_\_\_

## Building Vocabulary

Match each term with its definition by writing the letter of the correct definition in the right column on the line beside the term in the left column.

- |                            |  |
|----------------------------|--|
| 5. ___ involuntary muscles | a. muscles that control movements inside your body       |
| 6. ___ voluntary muscles   | b. muscles that provide force to move your bones         |
| 7. ___ skeletal muscles    | c. tissue in the heart                                   |
| 8. ___ tendon              | d. strong connective tissue that attaches muscle to bone |
| 9. ___ smooth muscle       | e. muscles that you cannot control                       |
| 10. ___ cardiac muscle     | f. muscles that appear banded                            |
| 11. ___ striated muscle    | g. muscles under your conscious control                  |

**Review and Reinforce**

# The Skin

## Understanding Main Ideas

Answer the following questions in the spaces provided.

1. List the functions of the skin.

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2. How do the dead cells of the epidermis help the body?

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3. What structures does the dermis contain?

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4. How can you help to keep your skin healthy?

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## Building Vocabulary

Match each term with its definition by writing the letter of the correct definition in the right column on the line beside the term in the left column.

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|------------------|---|
| 5. ___ epidermis | a. the inner layer of the skin                                |
| 6. ___ melanin   | b. openings that allow sweat to reach the surface of the skin |
| 7. ___ dermis    | c. a pigment that colors the skin                             |
| 8. ___ pores     | d. a disease in which some cells divide uncontrollably        |
| 9. ___ follicles | e. the outer layer of the skin                                |
| 10. ___ cancer   | f. a structure out of which strands of hair grow              |

Place the outside corner, the corner away from the dotted line, in the corner of your copy machine to copy onto letter-size paper.