

## 30. Nails, Bones and Muscles

1. When your muscles become stretched they are \_\_\_\_\_ to help you push or pull.

2. There are over \_\_\_\_\_ bones in the human body.

3. There are \_\_\_\_\_ major parts of muscles. They consist most of two kinds of muscle fibres.

4. \_\_\_\_\_ hold bones together. \_\_\_\_\_ bones, and \_\_\_\_\_ attach your muscles to your bones.

5. Bones have \_\_\_\_\_ inside them.

6. \_\_\_\_\_ bones in human skeleton. They are made entirely of \_\_\_\_\_.

7. The \_\_\_\_\_ and \_\_\_\_\_ are all made of cartilage.

8. Muscles are all \_\_\_\_\_ when you think and you move them all.

9. \_\_\_\_\_ are your strongest bones.

10. There are \_\_\_\_\_ bones in each ear - the \_\_\_\_\_ the small and the \_\_\_\_\_.

11. There are over \_\_\_\_\_ muscles in your body.