

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.