



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

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Adults have this many bones and muscles, respectively:
  - 198, more than 400
  - 206, more than 600
  - 300, more than 1,000
  - Trick question! Each person has a different number of bones and muscles.
- The ribs protect the \_\_\_\_\_.
- Underline the two main types of joints:
  - Ball and socket joint
  - Bend joint
  - Hinge joint
  - Squeeze joint
  - Stretch joint
- True or false: It's easy to flex your smooth muscles.
- True or false: Skeletal muscles are attached to bones by tendons.
- True or false: The gluteus maximus is made up of cardiac muscle.
- True or false: The worst thing for a broken bone is to move it.
- \_\_\_\_\_ hold bones together at joints.
- RICE, the acronym that reminds you how to help an injury, stands for:
  - Relax, Injury, Cold, Eat
  - Rejuvenate, Inhibit, Cast, Emergency
  - Rest, Ice, Compression, Elevation
  - Rice, Ice, Concise, Entice
- Name a vitamin and a mineral that help keep bones (and teeth) strong:
  - \_\_\_\_\_
  - \_\_\_\_\_