# **The Skeletal and Muscular Systems Comprehension Check**

For questions 1-5, match each vocabulary term to its definition:

|  |  |
| --- | --- |
| 1. Cartilage | a. strong tissue that holds bones in place |
| 2. Joint | b. smooth tissue at the end of bones that keeps them from rubbing together |
| 3. Ligament | c. a band of strong tissue that connects muscle to bone |
| 4. Tendon | d. a group of similar cells that do a certain job |
| 5. Tissue | e. the place where bones meet |

1. Cartilage –
2. Joint –
3. Ligament –
4. Tendon –
5. Tissue –
6. What is the main purpose of the skeletal and muscular systems?
7. Why are bones considered living things?
8. What are the three main materials that make up bones?
9. How does the nervous system support the muscular system?
10. According to the text, what can you do to keep your skeletal and muscular systems healthy?

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1. Cartilage – b
2. Joint – e
3. Ligament – a
4. Tendon – c
5. Tissue – d
6. What is the main purpose of the skeletal and muscular systems?
   1. The skeletal system forms a structure to support and protect your body. The muscular system covers your bones and pulls them around. These systems work together to help us move.
7. Why are bones considered living things?
   1. Bones are organs which include two or more tissues working together. They are made up of living cells, so they are considered living themselves.
8. What are the three main materials that make up bones?
   1. Bones contain compact bone, a hard material on the outside. They are filled with a spongy, lightweight material called cancellous bone as well as a jellylike material called bone marrow. Bone marrow can be yellow or red.
9. How does the nervous system support the muscular system?
   1. Although your muscles move your skeleton and body, they could not perform their functions without the brain and the nervous system’s support. The nervous system sends signals to the muscular system that provide it directions to following.
10. According to the text, what can you do to keep your skeletal and muscular systems healthy?
    1. According to the text, regular exercise is a great way to keep your bones and muscles healthy. In addition, bones and muscles benefit from a healthy diet. Minerals like calcium, vitamins found in vegetables, and proteins found in fish, nuts, or lean meats can help you bones and muscles work properly.