

## Lesson - skeletal system

word	meaning
1. organ	अंग
2. Nervous	तंत्रिका
3. System	तंत्र
4. Circulatory	परिसंचारी
5. Respiratory	श्वासन संबंधी
6. Digestive	पाचन तंत्र
7. Skull	खोपड़ी
8. Limbs	अंग
9. Girdles	घेरा / भोखला
10. Backbone	रीढ़ की हड्डी
11. Rib cage	परतली - पिंजर
12. Joint	जोड़ / संबंध
13. Tissue	ऊतक
14. Muscles	मांसपेशियां
15. Bones	हड्डियां
16. Voluntary	ऐच्छिक
17. Involuntary	अऐच्छिक
18. Movement	गति
19. Jaw	जोड़
20. External	बाहरी
21. Internal	आंतरिक
22. Lungs	फेफड़े
23. Brain	मस्तिष्क
24. Heart	हृदय
25. Skeletal	कंकाल

\* Answer the following questions.

Q1. What are the main functions of the skeletal system?

Ans The skeletal system protects the delicate organs of our body, gives shape and facilitates movement.

Q2. What is the vertebral column?

Ans Spine is made up of 33 small bones which together form the vertebral column.

Q3. What are muscles? Name the different types of muscles.

Ans Muscles are soft strong and elastic tissues. They cover the bones. Types of muscles are -

1. involuntary muscles
2. Voluntary muscles

Q4. Differentiate between voluntary and involuntary muscles.

Voluntary muscles

1. These muscles controlled by us.

2. They are found in the arms, neck and shoulders.

Involuntary muscles

1. These muscles work on their own.

2. They are found in heart and lungs.

Q5. How can we take care of our bones and muscles?

Ans 1. We should include Milk, eggs, green vegetables, fish and fruits in our diet.

2. Also regular exercises and sunlight help to develop strong muscles.

## Practice Zone



### A. Choose the correct answer.

- The lungs, bronchi and trachea are parts of the  
a. digestive system      b. respiratory system ✓      c. nervous system
- It protects the heart and the lungs.  
a. Skull      b. Spinal cord      c. Rib cage ✓
- Which vitamin is essential for strong bones?  
a. Vitamin D ✓      b. Vitamin B      c. Vitamin A
- Which joint is found in the wrist and ankle?  
a. Gliding joint ✓      b. Pivot joint      c. Hinge joint

### B. Fill in the blanks using suitable words.

- Ball and Socket joint allows maximum movement in all directions.
- Joints can be movable or immovable.
- Circulatory system transports food and chemicals in the body.
- There are around 600 muscles in our body.
- The marrow in the bones produces new cells.