



# What Happens When I Move? Quiz

If you get stuck, all the information you need to answer the questions is in your *My Body Inside and Out! What Happens When I Move?* book. Enjoy the quiz!

- 1: **Which part of your body controls everything your body does?**
  - a) Your heart
  - b) Your brain
  - c) Your legs
- 2: **What is your skeleton made of?**
  - a) Bones
  - b) Muscles
  - c) Tendons
- 3: **Which statement is true?**
  - a) Your bones are joined to each other with rubber bands.
  - b) Your bones are joined to each other by tendons.
  - c) Your bones are joined to each other by ligaments.
- 4: **What are the places where your bones meet called?**
  - a) Muscles
  - b) Triceps
  - c) Joints
- 5: **Which of these joints is a ball-and-socket joint?**
  - a) Elbow
  - b) Knee
  - c) Shoulder
- 6: **How are your muscles attached to your bones?**
  - a) By nerves
  - b) By tendons
  - c) By ligaments
- 7: **How many muscles are there in your body?**
  - a) 200
  - b) 1,000
  - c) 650
- 8: **How much of your body's weight is muscles?**
  - a) One-quarter
  - b) Half
  - c) Three-quarters
- 9: **Which statement is true?**
  - a) Your bones are moved, or pulled, by your muscles.
  - b) Your muscles are moved, or pulled, by your bones.
  - c) Your bones are moved, or pulled, by your ligaments.
- 10: **How do your muscles move your bones?**
  - a) By contracting and relaxing
  - b) By pushing
  - c) By twisting and turning
- 11: **What body part tells your muscles to move?**
  - a) Your mouth
  - b) Your brain
  - c) Your skeleton
- 12: **How do messages from your brain travel to your muscles?**
  - a) Through your bones
  - b) In your blood
  - c) Along your spinal cord and nerves
- 13: **What type of gas does your body need to create energy?**
  - a) Helium
  - b) Oxygen
  - c) Carbon dioxide
- 14: **Which statement is false?**
  - a) The faster you run, the more oxygen your body needs.
  - b) You take in oxygen when you breathe air.
  - c) The faster you run, the less oxygen your body needs.
- 15: **How does oxygen travel around your body?**
  - a) In your blood
  - b) In your bones
  - c) Through your nerves
- 16: **Which body part pumps blood around your body?**
  - a) Your lungs
  - b) Your heart
  - c) Your brain
- 17: **Which statement is true?**
  - a) When you do exercise, your heart beats slower.
  - b) When you do exercise, your body needs less oxygen than usual.
  - c) When you do exercise, your heart beats faster.
- 18: **Which statement is true?**
  - a) Movement happens when your heart makes your bones move.
  - b) Movement happens when your muscles make your bones move.
  - c) Movement happens when ligaments make your muscles move.

1: b    2: a    3: c    4: c    5: c    6: b    7: c    8: b    9: a    10: a    11: b    12: c    13: b    14: c    15: a    16: b    17: c    18: b

**ANSWERS**