

Click to prove  
you're human





























organs work alone to perform different functions for the body. FALSE Correction: All organ systems do not work alone in your body. They must all be able to work together. All joints in the body allow movement. FALSE Correction: Joints that don't move are called fixed. For example: the suture joints in the skull do not move. The backbone consists of one long bone. FALSE Correction: The backbone is made up of 33 small bones known as vertebrae. The ball and socket joint allows movement in one direction only. FALSE Correction: The ball and socket joints like hip and shoulder joints allow movement in all directions. Muscles pull or push bones to make them move. FALSE Correction: Muscles can pull bones, but they can't push them back to the original position. The bone marrow present inside the bones produces the WBCs. TRUE Explanation: Bone marrow is the spongy tissue inside bones that produces blood cells, platelets, and white blood cells. Hinge joint is found in the knees. TRUE The humerus bone is present in the lower limb. FALSE Correction: The humerus is the bone in your upper arm. It's located between your elbow and your shoulder. The cardiac muscles are found in the wall of the heart. TRUE A bent back puts burden on the backbone and joints. TRUE Also Check - Bones And Muscles / The Skeletal System Class 5 (tendon/ligament) The human skeleton encloses and protects all the delicate organs of our body. The vertebral column protects the delicate spinal cord. The muscles which are not under our control are called involuntary muscles. The ligaments are the strong tissues which hold the bones together. The powerful atlas bone bears the weight of the head. Which muscle contracts when you raise your arm? Biceps Which muscle contracts when the arm is straightened? Triceps What attaches the arm muscles to the bone? Tendon Name the joint between the shoulder blade and bone of the upper arm. Ball and socket joint. An example of food rich in vitamin D is cow's milk. The location where voluntary muscle is present is arms and legs. The location where the gliding joint is present is wrists and ankles. The longest bone in the body is femur. The bone in the upper arm is humerus. An example of calcium-rich food is cow's milk. Short answer questions - 1. Name the minerals present in our bones. Ans: The major minerals found in bone are calcium and phosphorus in the form of an insoluble salt called hydroxyapatite [chemical formula: (Ca<sub>10</sub>(PO<sub>4</sub>)<sub>6</sub>(OH)<sub>2</sub>]. 2. Define skeleton. Also, mention its role. Ans: All the bones in our body form a framework to give a shape to our body. This framework is called the skeleton. Thus a skeleton is made up of many bones. Role: The major functions of the skeletal system are - It is the internal body support framework so that we have a correct posture and shape. It facilitates movement of various parts of our body. It protects the delicate and important internal organs. E.g. The backbone protects the spinal cord and the skull protects the brain. Storage of minerals like calcium and fat. The bone marrow present inside the bones produces the red blood cells. What is the function of ribcage? Ans: The main function of the rib cage is that it protects the delicate internal organs like heart, liver and lungs. 3. What is a vertebra? Where is it present? Ans: Vertebrae are the 33 individual, interlocking bones that form the spinal column. Each vertebra is separated by a cartilage called intervertebral disc. The body of the vertebra is made up of a hard bony material called hyaline cartilage. The intervertebral discs are made up of a soft fibrous material called fibrocartilage. The intervertebral discs are located between the vertebrae and act as a cushion between the vertebrae. They also act as a shock absorber. The intervertebral discs are made up of 12 pairs of thin, curved bones called ribs. A long, flat bone, called the sternum, is present at the center of the chest and holds these ribs together in the front. At the back, the ribs are held together by the spine or backbone. However, the last two pairs of ribs are not attached to the sternum. These two pairs of ribs are called the floating ribs. Function of ribcage: The ribcage protects the delicate organs such as the heart and the lungs. Human beings have four limbs: a pair of upper limbs (arms) and a pair of lower limbs (legs). Upper limbs: Upper limbs have two parts: the upper arm and the lower arm. The bone present in the upper arm, called humerus, is joined to the two bones of the lower arm at the elbow region, radius and ulna. Function of upper limbs: Its bones, along with muscles and joints, causes movement of arms, and thus helps in doing activities well as eating, writing and lifting things. Lower limbs: The lower limb consists of the thigh (the upper leg), the leg (the lower leg), and the foot. The thigh consists of a single bone, the femur which is the largest bone in the body. The leg consists of two long bones, the tibia and fibula, and the sesamoid bone, the patella, that serves as the knee cap. The foot consists of 26 bones, which are grouped into the tarsals, metatarsals, and phalanges. Functions of lower limbs: Its bones along with muscles and joints, causes movement of legs, and thus helps to walk, and run. A girdle is a bony, ring-like structure. There are two girdles present in our body: the shoulder girdle and the hip girdle. The shoulder girdle is made up of the shoulder blade and the collar bone. The hip girdle is made up of three bones fused to form a single bone. 2. What are the major functions of bones in the human body? Answer 2: The main functions of the bones that form the skeleton are listed as follows. Shape and support: It gives shape and support to the body. Protection: It protects the delicate internal organs such as the brain, spinal cord, heart, and lungs. Movement: It allows the movement of the various parts of the body. Storage: Bone marrow present inside the bones produces the red blood cells. The bones of the skeleton also store the minerals like calcium. Reserve: More important function of bones and muscles / The Skeletal System Class 5 Worksheet: The skeletal system to class 5 students can be a challenging task, but the right approach, resources, and also fun and engaging content can make it an easy task. Our website provides all the necessary resources and information to help you understand the skeletal system. The skeletal system is an essential part of the human body, providing support, protection, and movement. It is made up of bones, cartilage, and ligaments, and is responsible for many important functions. In this worksheet, students will learn about the different types of bones, the structure of the skeletal system, and the functions of each bone. They will also have the opportunity to label and identify different bones in the body. Labeling the Bones of the Body: This worksheet is designed to help class 5 students learn about the different bones in the body and their functions. Students will be provided with a diagram of the human skeleton and will be asked to label each bone. This activity will help students to understand the structure of the skeletal system and the role that each bone plays in supporting the body. Additionally, students will be able to identify the different types of bones, such as long bones, short bones, flat bones, and irregular bones. This engaging and informative worksheet is a great way to make learning about the skeletal system fun and interactive for students. Functions of the Skeletal System: The skeletal system serves several important functions in the body. Firstly, it provides support and structure for the body, allowing us to stand upright and move around. Secondly, it protects vital organs such as the brain, heart, and lungs. Thirdly, it produces blood cells in the bone marrow. Fourthly, it stores minerals such as calcium and phosphorus, which are important for maintaining strong bones. Finally, the skeletal system works with the muscular system to allow movement and mobility. By understanding the functions of the skeletal system, students can appreciate the importance of taking care of their bones and maintaining good bone health. Bone Structure and Composition: The human skeletal system is made up of 206 bones, each with a unique structure and composition. Bones are made up of organic tissue, including cells, blood vessels, and nerves, as well as non-living materials such as collagen and calcium. The structure of bones is designed to provide strength and support while also being lightweight and flexible. Understanding the structure and composition of bones is essential for understanding how they function and how they can be affected by various factors. Maintaining Good Bone Health: Common Skeletal System Disorders: While the skeletal system is designed to be strong and resilient, it is not immune to disorders and diseases. Some common skeletal system disorders include osteoporosis, arthritis, scoliosis, and bone cancer. Osteoporosis is a condition where bones become weak and brittle, increasing the risk of fractures. Arthritis is a condition where joints become inflamed, causing pain and stiffness. Scoliosis is a curvature of the spine, which can cause back pain and difficulty breathing. Bone cancer is a rare but serious condition where cancer cells grow in the bones, causing pain and weakness. It is important for students to learn about these disorders and how to prevent them through proper nutrition and exercise. The skeletal system is a fundamental part of the human body, and it is important for students to have a solid understanding of its structure and function. Class 5 is the perfect time for students to begin exploring this topic, and there are many resources available to help them do so. One valuable resource is the skeletal system class 5 worksheet PDF with answers. This worksheet provides students with a set of questions and answers that can help them to better understand the skeletal system. The skeletal system worksheet answers PDF is another useful resource that can aid students in their learning. This document provides a set of answers to questions about the skeletal system, and it can be used as a reference guide or study aid. Additionally, the skeletal system class 5 notes can be a helpful supplement to classroom learning. These notes cover important topics such as the parts of the skeletal system, how bones and muscles work together, and the importance of the skeletal system for movement and support. There are also many bones and muscles class 5 questions and answers available for students to explore. These questions can help students to test their knowledge of the skeletal system and reinforce what they have learned in class. Some examples of bones and muscles class 5 questions and answers include: Q: What are the three types of muscles in the body? A: The three types of muscles in the body are skeletal muscle, smooth muscle, and cardiac muscle. Q: How do bones and muscles work together? A: Bones provide support and protection for the body, while muscles allow movement. When muscles contract, they pull on bones, causing them to move. Q: What is the purpose of joints? A: Joints allow bones to move in different directions and perform a variety of movements. Q: What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. Q: What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. Q: How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. MCQs on skeletal system class 5 How many bones are in the human body? A) 106 B) 206 C) 306 D) 406 Answer: B) 206 Which of the following is not a part of the skeletal system? A) Skull B) Spine C) Heart D) Rib cage Answer: C) Heart What is the purpose of the skeletal system? A) To help us breathe B) To protect our organs C) To help us taste Answer: B) To protect our organs Which of the following is a type of joint? A) Smooth joint B) Hinge joint C) Round joint D) Square joint Answer: B) Hinge joint What are the three types of muscles in the body? A) Smooth, cardiac, and skeletal B) Smooth, cardiac, and respiratory C) Skeletal, respiratory, and cardiac D) Skeletal, smooth, and digestive Answer: A) Smooth, cardiac, and skeletal Which of the following is not a function of the skeletal system? A) To help us move B) To protect our organs C) To help us see What is the purpose of cartilage? A) To protect bones B) To allow bones to move smoothly C) To provide a cushion between bones D) All of the above Answer: D) All of the above Which of the following is not a bone in the leg? A) Femur B) Tibia C) Fibula D) Humerus Answer: D) Humerus Which of the following is a bone in the arm? A) Femur B) Humerus C) Tibia D) Fibula Answer: B) Humerus What is the purpose of ligaments? A) To connect bone to bone B) To connect muscle to bone C) To provide a cushion between bones D) None of the above Answer: A) To connect bone to bone Skeletal System Class 5 20 Marks Question Paper For Self Assessment Section A: Multiple Choice Questions (5 marks) How many bones are in the human body? A) 106 B) 206 C) 306 D) 406 Which of the following is not a part of the skeletal system? A) Skull B) Spine C) Heart D) Rib cage Section B: Short Answer Questions (5 marks) Name three parts of the skeletal system. How do bones and muscles work together? What is the purpose of joints? What are some common bone injuries? How can we take care of our skeletal system? Section C: Long Answer Question (5 marks) Choose one bone from the skeletal system and describe its shape, location in the body, and its function. FAQs What is the skeletal system? A: The skeletal system is the structure of bones that make up the framework of the body. It provides support, protection, and movement for the body. Q: How many bones are in the human body? A: There are 206 bones in the human body. Q: What are the five main parts of the skeletal system? A: The five main parts of the skeletal system are the skull, vertebral column, rib cage, shoulder girdle, and pelvic girdle. What is the purpose of joints? A: Joints allow bones to move in different directions and perform a variety of movements. What are the three types of muscles in the body? A: The three types of muscles in the body are skeletal muscle, smooth muscle, and cardiac muscle. How do bones and muscles work together? A: Bones provide support and protection for the body, while muscles allow movement. When muscles contract, they pull on bones, causing them to move. Why is the skeletal system important for movement and support? A: The skeletal system provides support for the body and allows movement by providing attachment points for muscles. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are not. What are some common bone injuries? A: Common bone injuries include fractures, dislocations, and sprains. How can we take care of our skeletal system? A: We can take care of our skeletal system by eating a balanced diet rich in calcium and vitamin D, getting regular exercise, and wearing protective gear when playing sports or engaging in other activities that may lead to injury. What is the difference between voluntary and involuntary muscles? A: Voluntary muscles are under our control, while involuntary muscles are