



Quiz Answer Key

- 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 (any one of the following: heart, lungs, liver).
- 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.
- Ligaments 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:
 - vitamin D
 - calcium