Quiz

Instructions: Answer each question.

1. Adults have this many bones and muscles, respectively:
   a) 198, more than 400
   b) 206, more than 600
   c) 300, more than 1,000
   d) Trick question! Each person has a different number of bones and muscles.

2. The ribs protect the ____________________________.

3. Underline the two main types of joints:
   a) Ball and socket joint
   b) Bend joint
   c) Hinge joint
   d) Squeeze joint
   e) Stretch joint

4. True or false: It's easy to flex your smooth muscles.

5. True or false: Skeletal muscles are attached to bones by tendons.

6. True or false: The gluteus maximus is made up of cardiac muscle.

7. True or false: The worst thing for a broken bone is to move it.

8. ______ hold bones together at joints.

9. RICE, the acronym that reminds you how to help an injury, stands for:
   a) Relax, Injury, Cold, Eat
   b) Rejuvenate, Inhibit, Cast, Emergency
   c) Rest, Ice, Compression, Elevation
   d) Rice, Ice, Concise, Entice

10. Name a vitamin and a mineral that help keep bones (and teeth) strong:
    a) ______
    b) ______