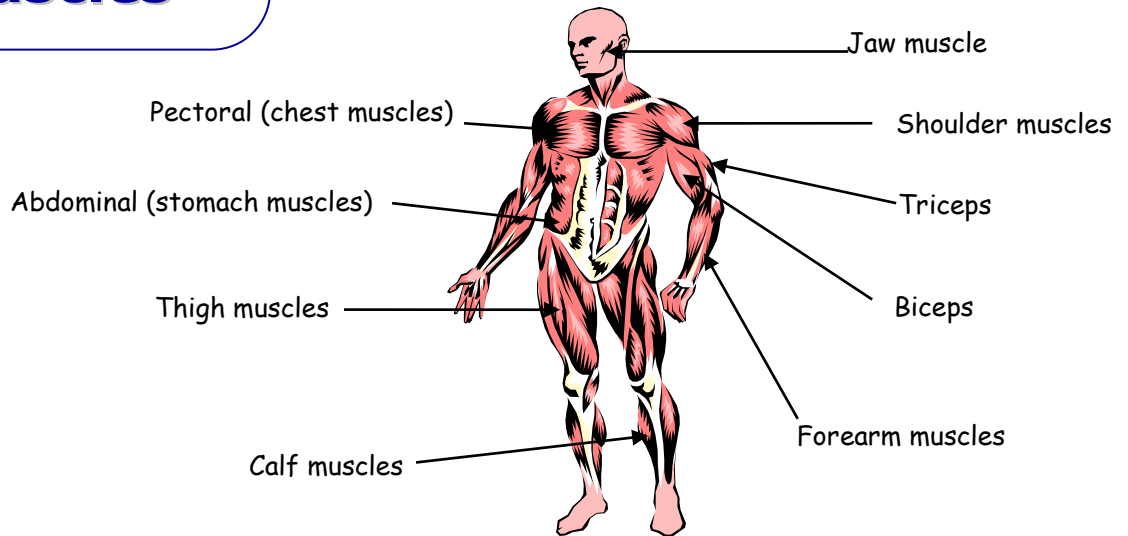


# Identifying and using muscles

Some of the body's main muscles



Complete the table by identifying the **main** muscles used when carrying out the following everyday household activities and jobs:

EXERCISE/ACTIVITY	MUSCLES USED
walking up stairs	*
drinking	*
washing the dishes	*
vacuum cleaning	*
brushing your teeth	*
flushing the toilet	*
getting out of bed	*
opening a door	*

Answer the following questions by writing each answer in the text box.

1) What happens to a muscle when it contracts?

\*

2) What are all of our muscles attached to?

\*

3) Explain two ways by which we can keep our muscles strong and healthy.

\*

Name: