

Name _____

The Mighty Skeletal Muscles: Your Body's Movers and Shakers

Open-Ended Response Answer Key

1. Skeletal muscles help you move by contracting and relaxing to produce movement in your body parts.
2. Some ways to take care of your skeletal muscles include eating a balanced diet, staying hydrated, and getting regular exercise.
3. One activity where you use your skeletal muscles is walking.
4. Tendons are important for skeletal muscles because they attach muscles to bones, allowing for movement and stability.

