



Let's Move our Body!

The (a) *digestive / muscular* system is responsible for the movement of the human body. It is formed of approximately 640 muscles. These muscles are a type of tissue that is composed of contractile cells or fibers. All the movements of our physical body are caused by the contractions of these muscles. Without muscles you wouldn't be able to blink, digest your food, breathe, or have a heart. You wouldn't be able to smile, show happiness or sadness, or sniff with your nose.

There are three categories of muscle tissues:

1. The smooth muscles control our breathing and digestion. They are also called involuntary muscles because you do not have to think or give conscious orders for them to move.
2. The (b) *straited / colored / flat* muscles are found in the skeletal system, in organs such as the tongue and pharynx. The movements of these muscles are consciously controlled. You tell them how and when to move.
3. The (c) *striations / cardiac / lung* muscle is only found in the heart. It is also an involuntary muscle.

Sometimes muscles can get hurt just in the same way as a ligament or tendon gets torn or a bone breaks. Although they can usually heal themselves with rest and time, it is recommended that you go to the doctor for a checkup.

1. Read the text again and choose the correct words in each case.
2. Underline the best answers for the questions.
 1. Who is this text most appropriate for?

a. Scientists	b. High school students
c. Athletes	d. Poets
 2. Where would you probably find it?

a. In a Sci-Fi novel	b. A bilingual dictionary
c. An anatomy textbook	d. A fashion magazine
3. Answer the questions.
 - a. What is the function of muscles?

 - b. What muscles control our breathing?

 - c. Which muscle can't you control?
