Healthy Muscles Matter

Grade 3

Name _____ Date _____

Remember: Read the passage **twice**: once to enjoy it, and once to look for details. Then answer the questions. Look back at the text to **prove** your answers.

Tip: Underline the sentence in the passage that helps you answer each question.

Healthy Muscles Matter



Every time you smile, walk or even blink, you are using muscles. Your body has more than 600 muscles, and they help you do almost everything.

Muscles are made of stretchy fibres that can tighten and relax. The muscles that move your bones often work in pairs. When you bend your arm, the muscle on the front of your upper arm tightens and pulls. When you straighten it, the muscle on the back tightens instead.

Some muscles work without you even thinking about them. Your heart is a muscle that pumps blood all day and all night. Muscles in your stomach help break down your food.

You can help keep your muscles strong and healthy. First, move your body every day. Running, swimming, dancing and climbing all make muscles stronger. Second, eat healthy foods. Foods like eggs, beans, fish and milk help muscles grow and repair themselves. Third, drink plenty of water, especially when you are active.

Finally, rest is important too. When you sleep, your muscles recover from the day. That is why children need about ten hours of sleep each night.

Healthy muscles help you play, learn and grow. So get moving, eat well and get a good night's sleep!

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1. Check your understanding

Circle the best answer.

1. About how many muscles are in your body?

(a) More than 600
(b) About 50
(c) Exactly 10

2. Which muscle pumps blood all day and night?

(a) Your arm muscle
(b) Your heart
(c) Your stomach

3. Which food helps muscles grow?

(a) Candy
(b) Chips
(c) Beans

4. Why is sleep important for muscles?

(a) Muscles recover while you sleep.
(b) Muscles get smaller.
(c) Sleep is not important.

2. Write your answer

Answer in complete sentences. Use details from the text.

1. **What is the main idea of this passage?**

2. **How do muscles work in pairs to move your arm?**

3. **List three ways to keep your muscles healthy.**

Answer Key

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1. Check your understanding

1. About how many muscles are in your body?

- **a** **More than 600**
- **b** About 50
- **c** Exactly 10

2. Which muscle pumps blood all day and night?

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3. Which food helps muscles grow?

- **a** Candy
- **b** Chips
- **c** **Beans**

4. Why is sleep important for muscles?

- **a** **Muscles recover while you sleep.**
- **b** Muscles get smaller.
- **c** Sleep is not important.

2. Write your answer

Sample answers. Students' wording will vary.

1. **What is the main idea of this passage?**
   Muscles help us do almost everything, and we can keep them healthy with exercise, good food, water and rest.
2. **How do muscles work in pairs to move your arm?**
   When you bend your arm, the front muscle tightens. When you straighten it, the back muscle tightens.
3. **List three ways to keep your muscles healthy.**
   Exercise every day, eat healthy foods like eggs and fish, and get plenty of sleep.