Extension Worksheet 1

Name: _____ Class: _____ Date: _____

1. Describe the function of the structures in the table.

Bones	
Joints	
Tendons	
Ligaments	
Brain	
Cerebellum	
Nerves	

2. The diaphragm is a muscle that causes the thorax to increase in volume, inflating the lungs with air as part of breathing. The biceps brachii and the triceps brachii allow the arm to move. Using these descriptions, answer the questions.

a. What types of muscles are described above?

_____

b. Which nervous system organ controls the action of the diaphragm?

_____

c. Briefly describe how the biceps brachii and the triceps brachii function to move the arm.

_____

_____

_____

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3. Write **T** for true and **F** for false. Explain your answers.

a. _____ Bones can move by themselves.

_____

b. _____ A tendon attaches a muscle to a bone.

_____

c. _____ Ligaments keep bones together.

_____

d. _____ When a muscle relaxes, it becomes smaller.

_____

e. _____ All muscle movement is voluntary.

_____

f. _____ Reflexes are quick and voluntary responses of the body.

_____

4. Answer the questions about alcohol.

a. Why is alcohol considered a drug?

_____

_____

b. What is the difference between an alcoholic and someone who drinks only occasionally?

_____

_____

_____

c. Name two organs affected by consuming alcohol, and briefly describe what happens to them.

Organ 1: _____

Consequence: _____

Organ 2: _____

Consequence: _____

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Extension Worksheet 2

Name: _____ Class: _____ Date: _____

1. Describe the movement of an arm when it bends, according to the actions of the triceps brachii and biceps brachii.

_____

_____

_____

2. Mark the positive statements about health with a ✔ and the negative statements with an ✘.

	Inform yourself about the effects of drugs.
	Start to drink alcohol because friends or classmates do it.
	Ride a bicycle.
	Do physical activities.

	Drink milk daily.
	Have conversations with adults if you have doubts about drugs and alcohol.
	Dance.
	Sit or lie down for many hours each day.

3. Look at the situation and respond.

a. Describe how the nervous system works in the situation.

_____

_____

_____

_____

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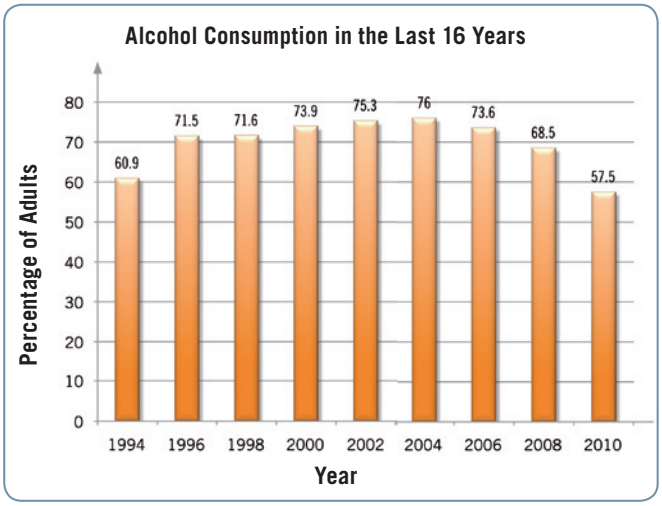
4. Analyze the graph and answer the questions.



a. Which year had the least amount of alcohol consumption?

_____

b. From 2004 on, what happened?

_____

c. What do you think will happen to consumption of alcohol in the years to come?

_____

d. Write two ways of preventing excessive consumption of alcohol.

_____

e. Make a table using the data from the graph.

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