

Bones and Muscles of the Body Quiz

Can you answer these questions below by ticking one of the circle next to the answers?

1) What is the strongest bone on the body?

- A) Humerus
- B) Spine
- C) Pelvis
- D) Femur



2) What is the knee cap bone called?

- A) Patella
- B) Scapula
- C) Sternum
- D) Ulna



3) What can humans drink to make their bones stronger?

- A) Energy Drinks
- B) Milk
- C) Cola Cola
- D) Diet drinks



4) Which two bones make up the lower arm, between the elbow and wrist?

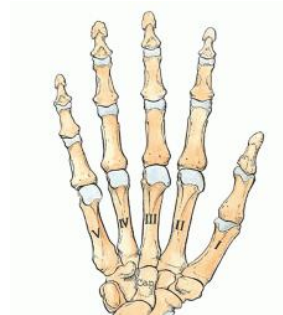
- A) Carpals and Metacarpals
- B) Tarsals and Metatarsals
- C) Ulna and Radius
- D) Tibia and Fibula



Find Us:

5) What are the small bones found in both the feet and the hands?

- A) Phalanges
- B) Clavicles
- C) Ribs
- D) Discs



6) What is the jaw bone called?

- A) Cranium
- B) Mandible
- C) Thoracic
- D) Humerus



7) Where would the trapezius muscle be found on the body?

- A) Head
- B) Hands
- C) Arms
- D) Neck



8) What is the muscle highlighted in the picture called?

- A) Tricep
- B) Bicep
- C) Deltoid
- D) Quadricep



Find Us:

9) What is the largest muscle in the body?

- A) Latissimus Dorsi
- B) Hamstrings
- C) Gluteus Maximus
- D) Gastrocnemius



10) Which of these muscles are located in the legs?

- A) Deltoids
- B) Triceps
- C) Abdominals
- D) Quadriceps



Answers

- 1) D
- 2) A
- 3) B
- 4) C
- 5) A
- 6) B
- 7) D
- 8) B
- 9) C
- 10) D