

# About Human Body Muscles – Easy Science for Kids

Read the sentences below. Visit our Easy Science for Kids page [All about Human Body Muscles](http://easyscienceforkids.com/all-about-human-body-muscles/) to find the missing words.

Write them in the empty spaces and find these hidden words in the puzzle!

[Words might be hidden horizontally, vertically and perhaps even back to front...!]

1. \_\_\_\_\_ muscles are those that you can't control. Your \_\_\_\_\_ is an involuntary muscle.
2. Working your muscles makes them \_\_\_\_\_.
3. The muscles in your \_\_\_\_\_ system move food through your \_\_\_\_\_.
4. \_\_\_\_\_ muscles are those that you choose to move.
5. Most of your muscles are attached to \_\_\_\_\_ with tendons.
6. Inside the muscles are blood \_\_\_\_\_ and nerve endings that get messages from your \_\_\_\_\_.
7. You can keep muscles healthy by eating plenty of \_\_\_\_\_ and good food every day.
8. \_\_\_\_\_ are like strong rubber bands or ropes.

Q	W	E	D	E	R	B	O	D	Y	L	I	Y	A	R	N
U	P	R	O	T	E	I	N	E	S	N	O	D	N	E	T
I	A	S	I	N	V	O	L	U	N	T	A	R	Y	G	E
T	N	B	R	A	I	N	E	D	T	A	D	E	R	N	D
D	I	G	E	S	T	I	V	E	A	S	S	E	N	O	B
A	L	O	R	D	E	R	O	P	E	S	E	D	F	R	O
E	V	E	S	S	E	L	S	E	R	H	E	A	R	T	D
L	E	V	I	S	Y	R	A	T	N	U	L	O	V	S	Y

[Learn about Human Muscles](http://easyscienceforkids.com/all-about-human-body-muscles/) and more here: <http://easyscienceforkids.com/all-about-human-body-muscles/>

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