

# STEAM Reading

High Elementary

Science

Technology

Engineering

Arts

Math

3

Workbook

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## 1

## MUSCLES MOVE OUR BODIES

## VOCABULARY PRACTICE

## A Match and write.

1.



muscles

Smoking is very bad for your

\_\_\_\_\_.

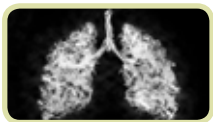
2.



stretch

Trees \_\_\_\_\_ the house.

3.



lungs

Justin needs to work out more to make his  
\_\_\_\_\_ stronger.

4.



surround

Make sure to \_\_\_\_\_ before you  
start exercising.

## B Choose the correct words.

1. Your stomach and intestines are two of your digestive \_\_\_\_\_.

a. muscles

b. organs

c. organisms

2. Tina planned to \_\_\_\_\_ her vacation by one extra day.

a. extend

b. scroll

c. explain

3. Our \_\_\_\_\_ organs help us move our body.

a. digestive

b. stretching

c. locomotive

4. A carpenter knows about the \_\_\_\_\_ of furniture.

a. secure

b. structure

c. situation

## COMPREHENSION PRACTICE

Read the following passage and choose the correct answers.

When you blew air, the plastic bag swelled up. ① It got thicker and shorter, and it made the front straw lift up. ② Our muscles are connected to our bones. When the muscles in our arms flex, they get thicker and bend our arms. When our muscles extend, they get flatter and straighten our arms again. ③

1. Why does the straw lift up?
  - a. It blows in the air.
  - b. There is water in it.
  - c. It is connected to the bag of air.
2. What is the best place for the sentence below?

This is how arms move.

- a. ①
  - b. ②
  - c. ③
3. What does extend mean in the passage?
    - a. travel far
    - b. stretch out
    - c. last a long time

## SUMMARY

Complete the summary. One word is not used.

bones extend flex locomotive muscles structure surrounded write

Our bones and 1. \_\_\_\_\_ help us move our body. They help us 2. \_\_\_\_\_ letters, read books, and run for the bus. They are called “ 3. \_\_\_\_\_ organs.” Bones support our bodies and form the 4. \_\_\_\_\_. They are 5. \_\_\_\_\_ by muscles. These muscles 6. \_\_\_\_\_ and flex to move our bodies. Connect two straws with a paper fastener. Put a bendy straw in a bag and seal the bag so no air can get out. Then tape the bag to both straws. When you blow into the bag connected to the straws, you make the straws move. The bag is like a muscle, and the straws are like 7. \_\_\_\_\_. In the same way, our bones move when our muscles flex and stretch.