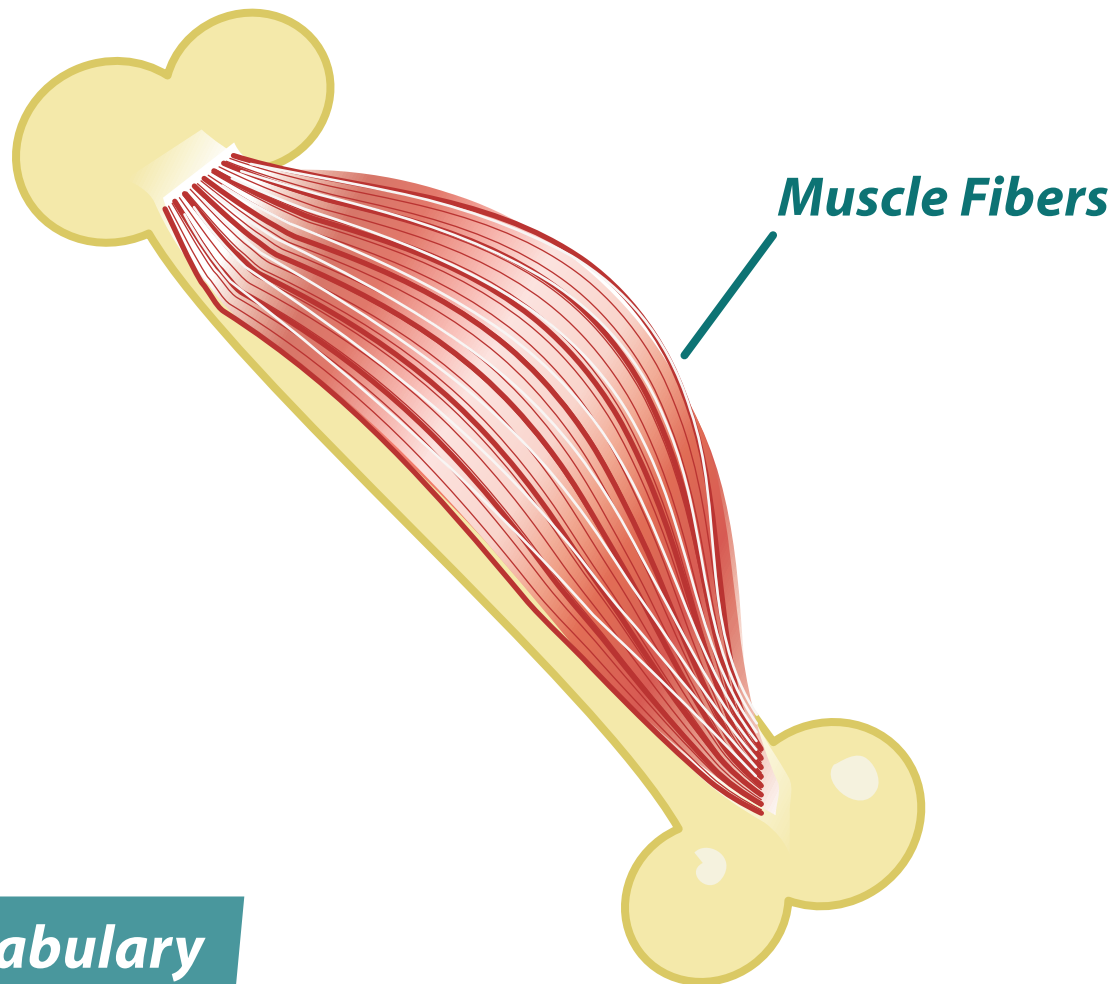


What is a Muscle?

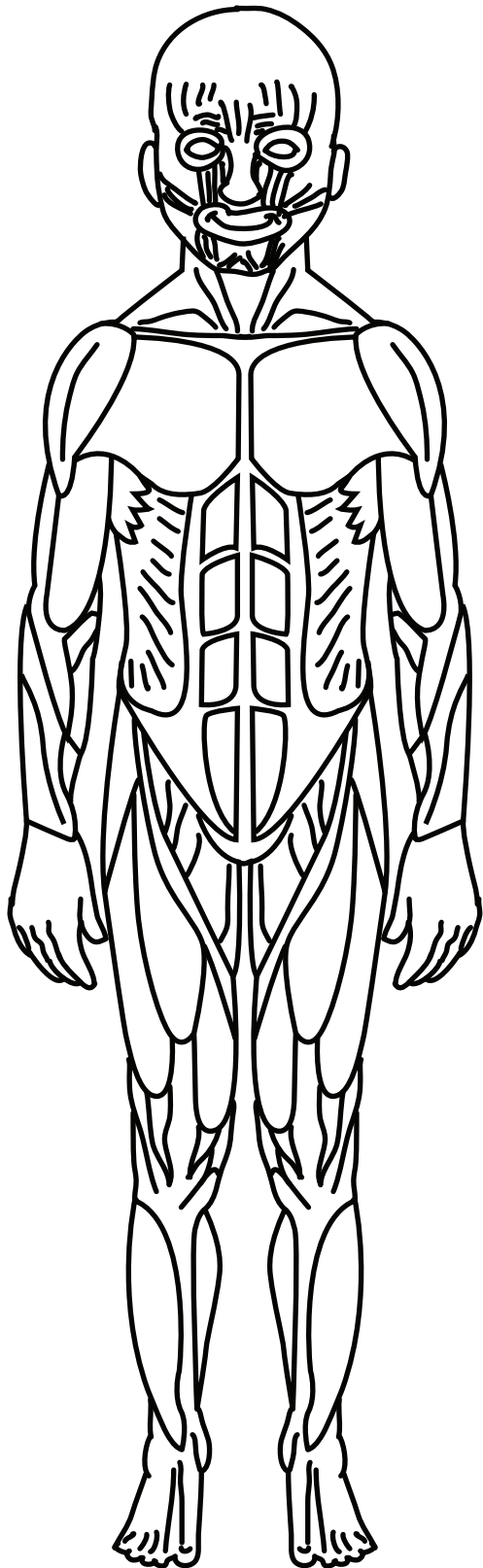
Muscles help to move blood through out all your body. They also help you move, jump, run and many other activities. You can control some muscles, while others, like your heart, do their jobs without you even thinking about it. Muscles are made of an elastic **tissue** kind of like a rubber band.



Vocabulary

- **Tissue:** are a group of cells that look a like and have the same job.
- **Muscle Fiber:** are a group of cells that stretch and squash in muscle tissue.

What is a Muscle?



Color **red** the muscles that help you jump rope.

Color **yellow** the muscles that help you smile.

Color **purple** the muscles that help you sit up.

Color **green** the muscles that help you climb up a tree.

Color **orange** the muscles that help you peel a banana.

