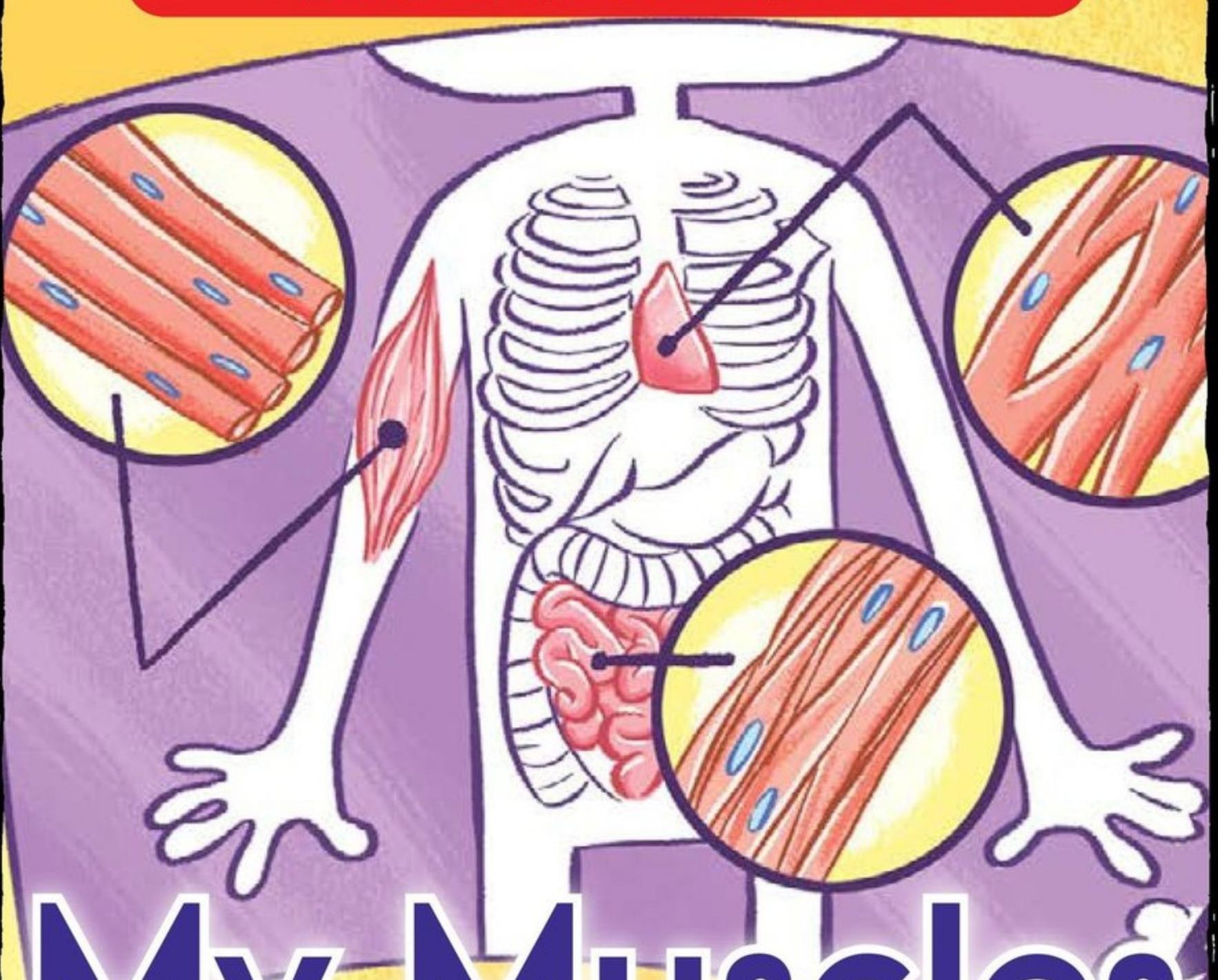
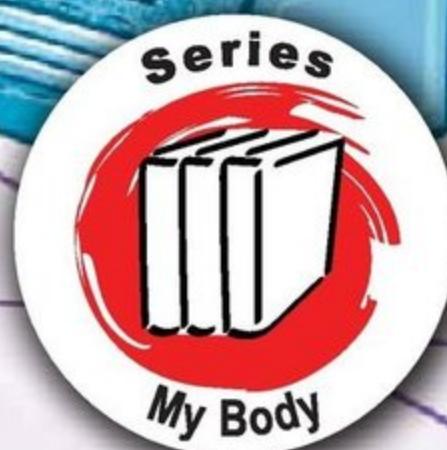


LEVELED BOOK • I



# My Muscles



Written by Racheal Rice • Illustrated by Keith Frawley

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Written by Racheal Rice  
Illustrated by Keith Frawley

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## Focus Question

Why are muscles an important part of your body?

## Words to Know

cardiac

pump

connected

skeletal

muscles

smooth muscle

My Muscles

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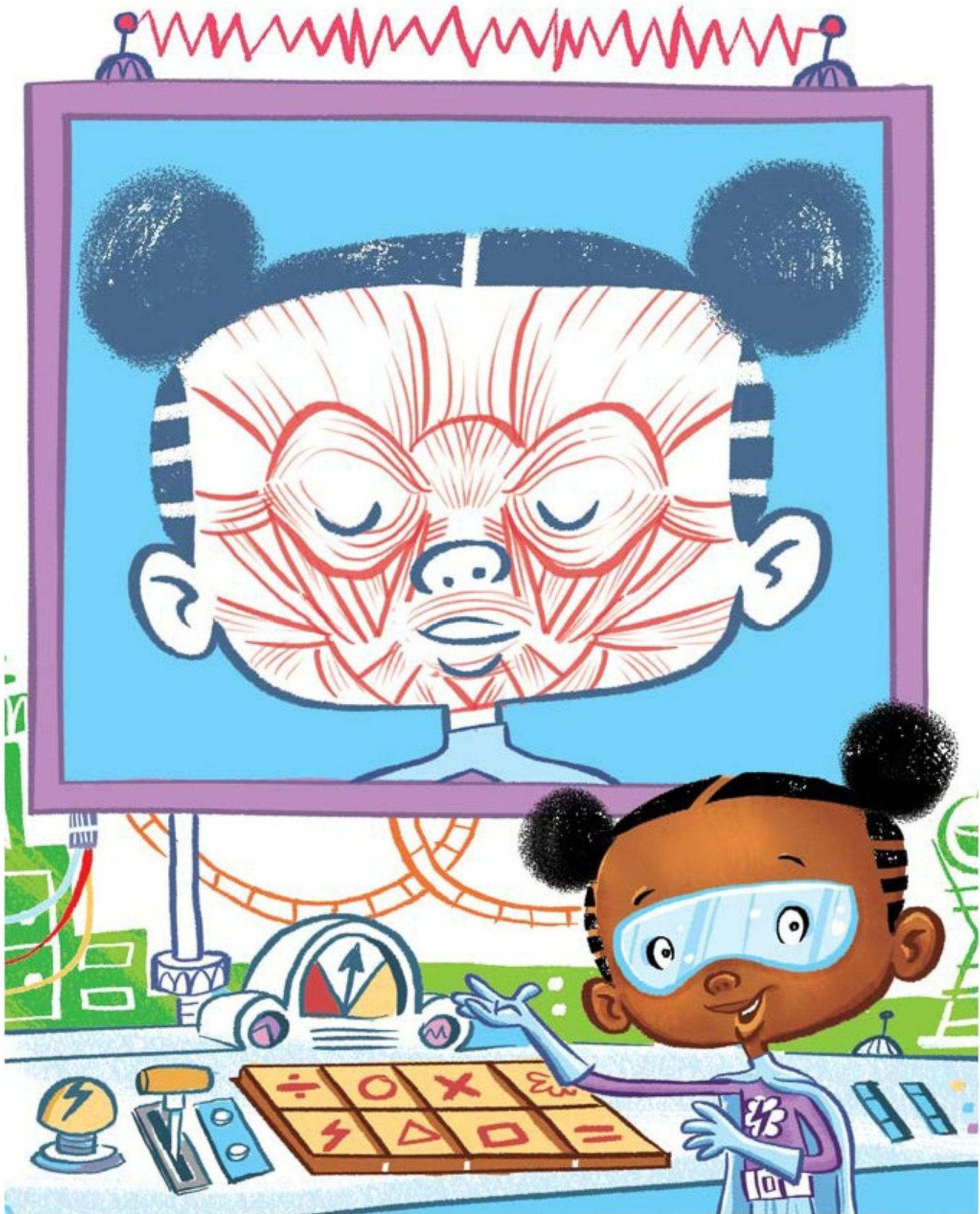
### Correlation

LEVEL I	
Fountas & Pinnell	I
Reading Recovery	15–16
DRA	16



I smile. I frown.

I look surprised.



What do the looks  
on my face share?  
**Muscles!**

My face has forty-two muscles.



Three kinds of muscles help  
my body move in different ways.

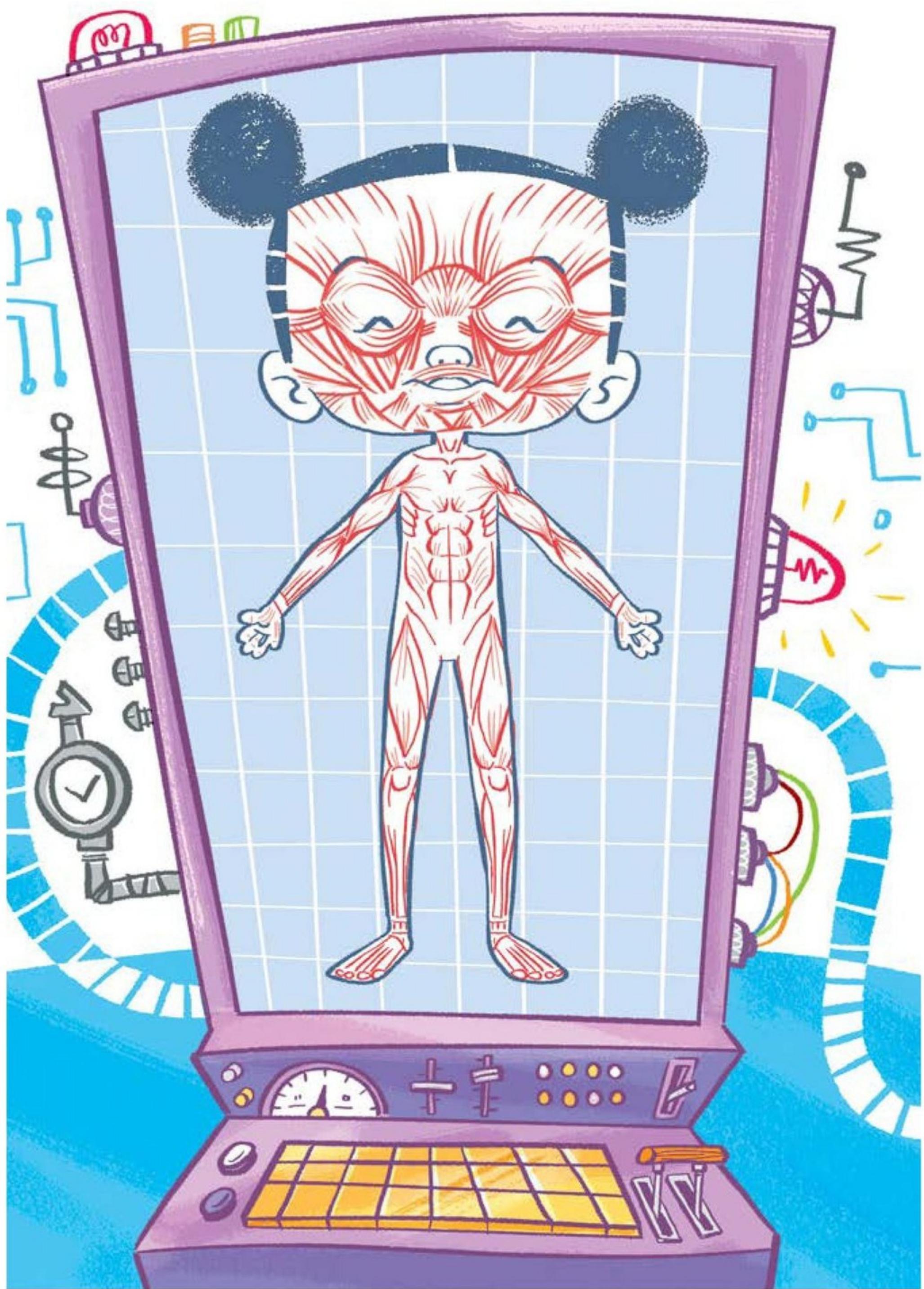


The first kind of muscle

is **skeletal** muscle.

This kind of muscle is mostly

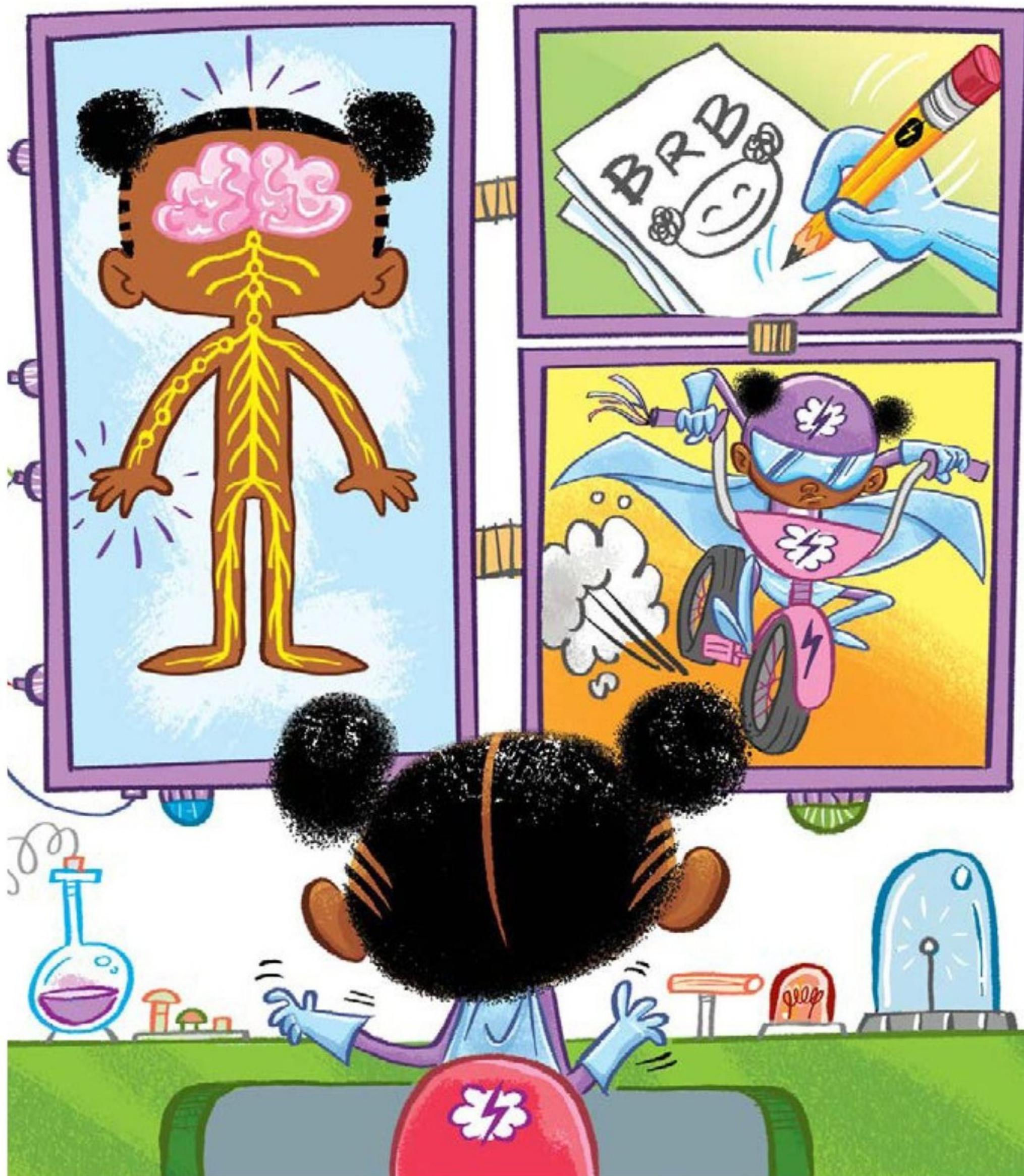
**connected** to my bones.



My body has more than six hundred skeletal muscles in all.



Skeletal muscle helps me to grip,  
swing, or jump.



My bones and muscles work  
together with my brain to help  
me move.

My brain sends a message to my  
muscles to write, bike, or type.



My muscles then pull on my bones  
to move different parts of my body.

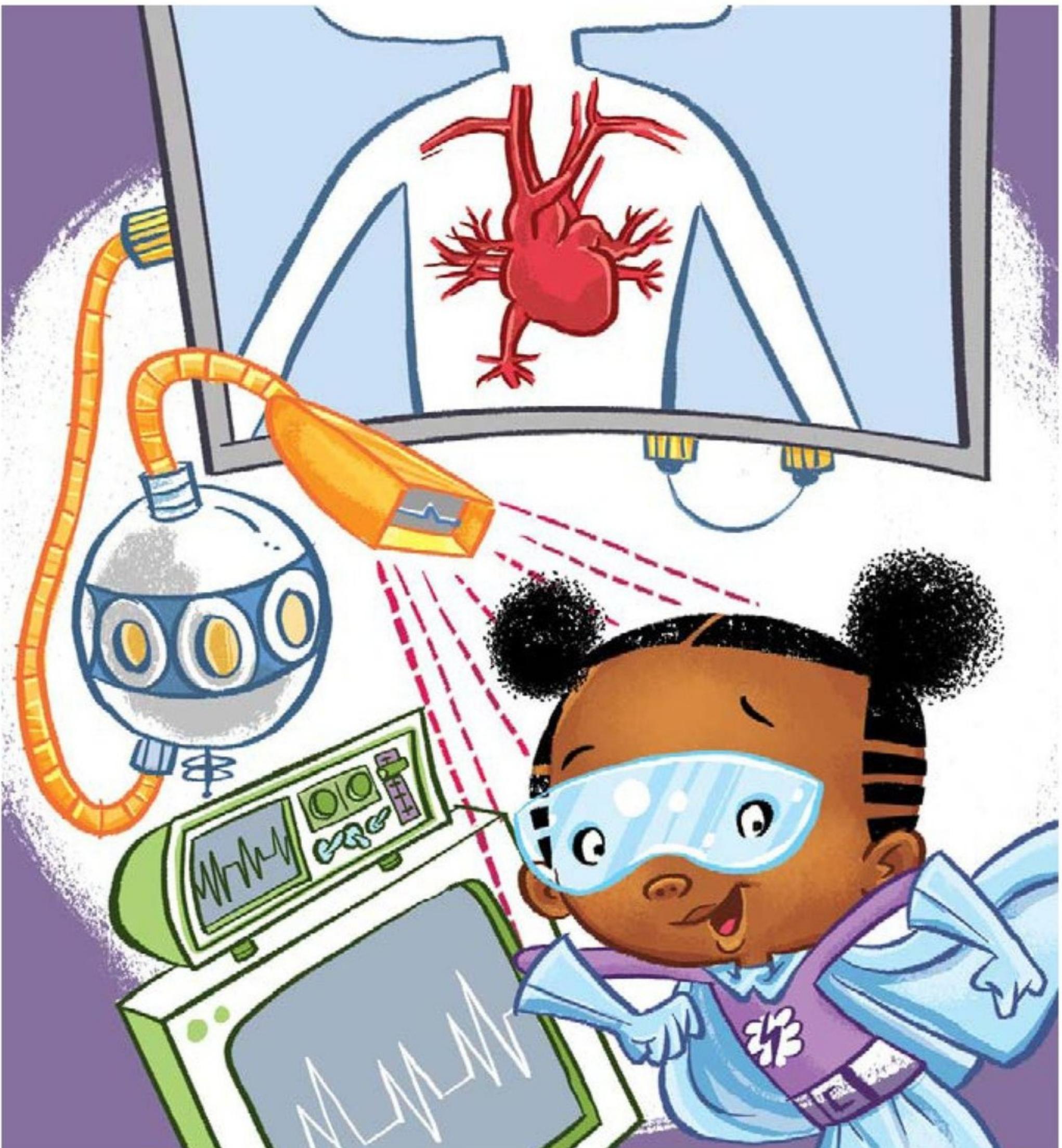
My muscles sometimes pull on  
my skin, like in my face, instead  
of my bones.



A second kind of muscle  
is **smooth muscle**.

Smooth muscle helps move things,  
such as food or drinks, through  
my body.

This kind of muscle does its job  
without me thinking about it.



A third kind of muscle

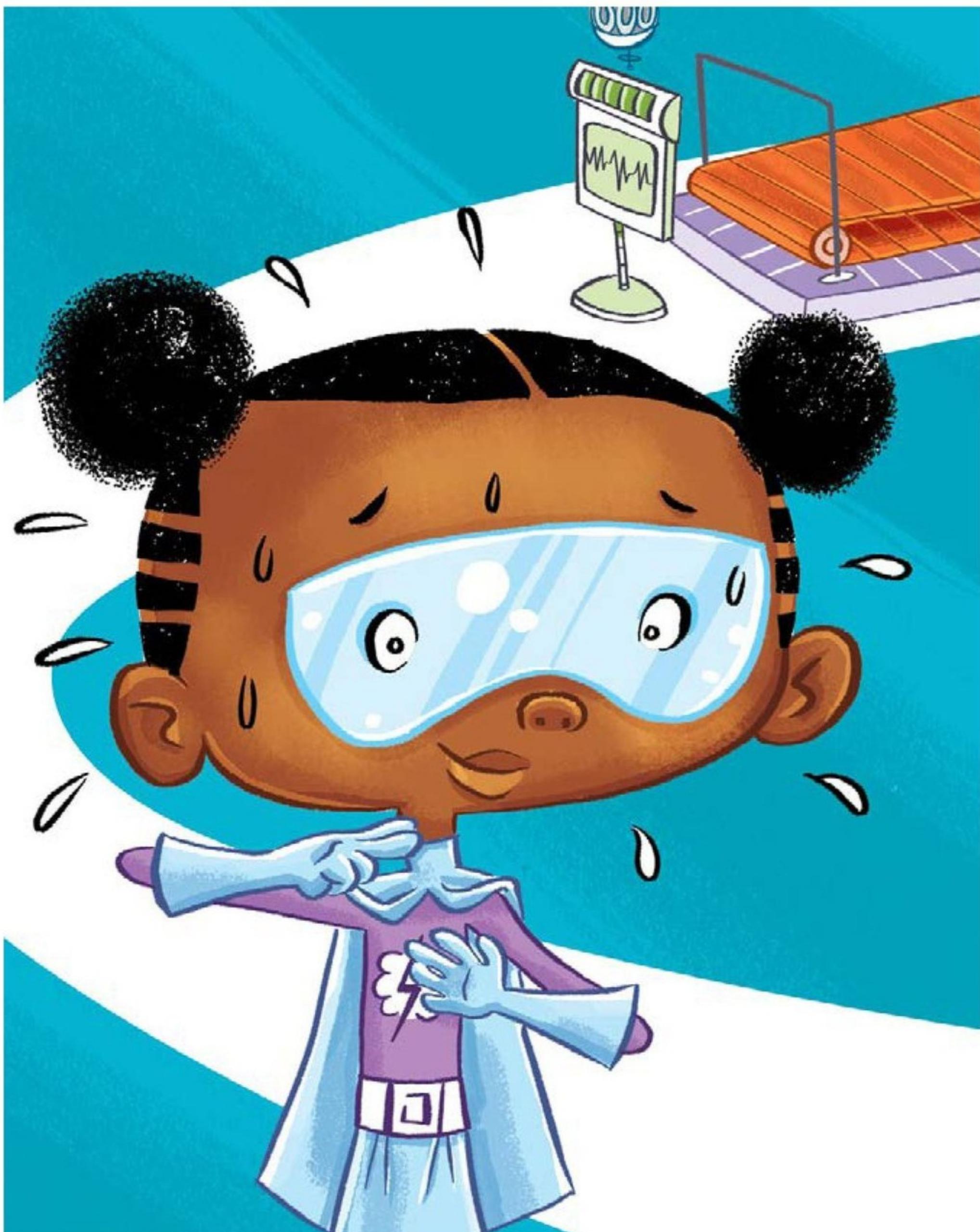
is **cardiac** muscle.

Cardiac muscle helps my heart

**pump** blood.

My cardiac muscle works

all the time and does not rest.



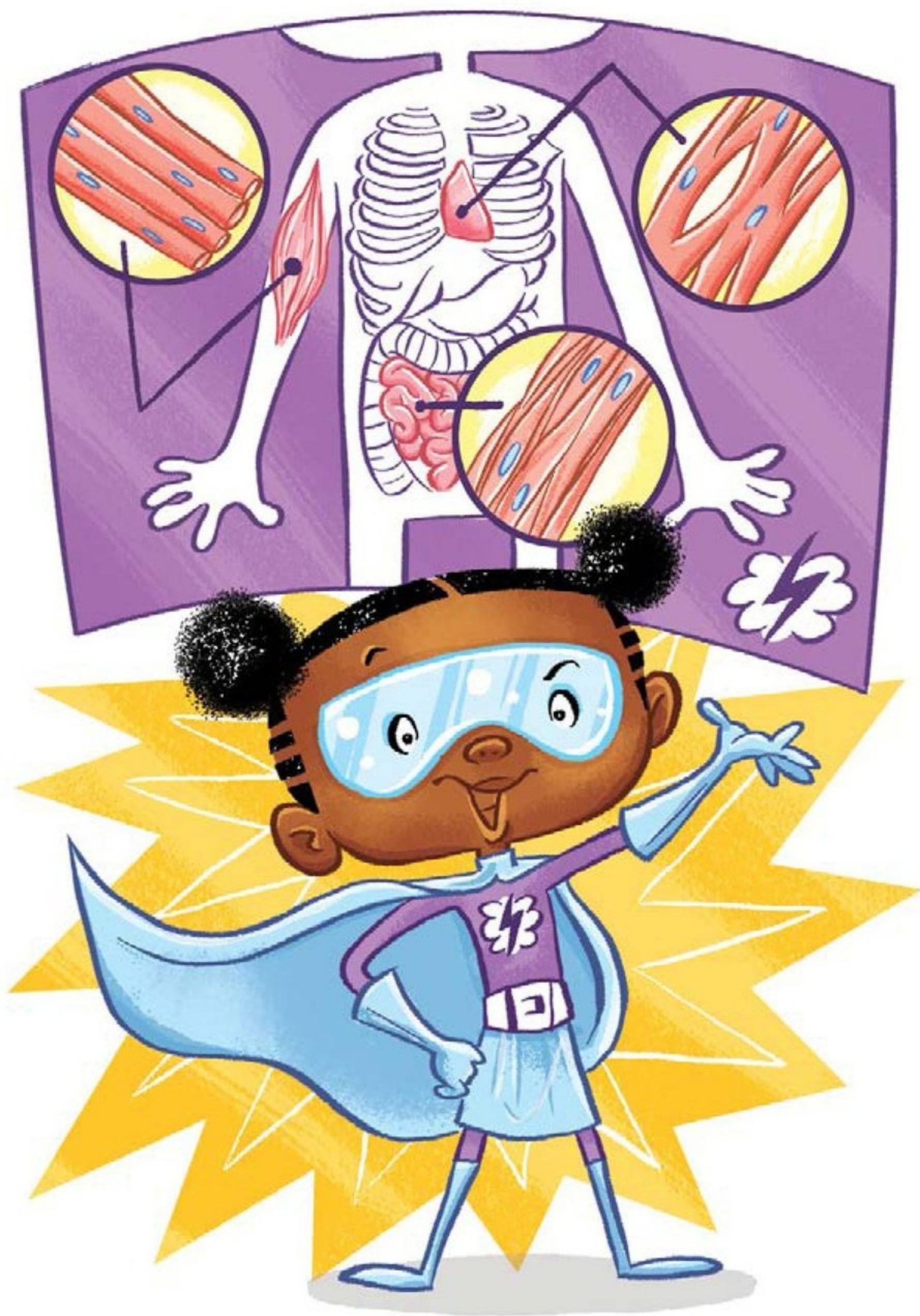
How do I know when my muscles  
are working?

I can feel my heart beat to know  
my cardiac muscle is working.



I know my smooth muscles  
are working when I have  
to go to the bathroom.

I can see my skeletal muscles  
working anytime I move.



So what happens when someone  
asks me to show my muscles?  
I ask, “Which kind?”

## Glossary

<b>cardiac</b> (adj.)	of or having to do with the heart (p. 12)
<b>connected</b> (adj.)	joined or linked together (p. 6)
<b>muscles</b> (n.)	types of body tissue that contract and relax to allow movement (p. 4)
<b>pump</b> (v.)	to move something, like fluid, in a certain direction with a motion that uses pressure or suction (p. 12)
<b>skeletal</b> (adj.)	of or having to do with the skeleton; resembling a skeleton (p. 6)
<b>smooth</b> <b>muscle</b> (n.)	muscle that moves substances without a person's control and is found in many internal organs (p. 11)

# My Muscles

A Reading A-Z Level I Leveled Book

Word Count: 246

## Connections

### Writing

Write an acrostic poem about muscles.

Use the word *muscles* for the acrostic.

Begin each line of your poem with the letters in the word.

### Science

Use a Venn diagram to compare two kinds of muscles.

Share your information with a partner.

The logo for Reading A-Z features the word "Reading" in a large, bold, red sans-serif font. The letter "R" has a small sun-like icon above it with rays extending to the right. To the right of "Reading" is the letter "A-Z" in a smaller, bold, red sans-serif font.

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