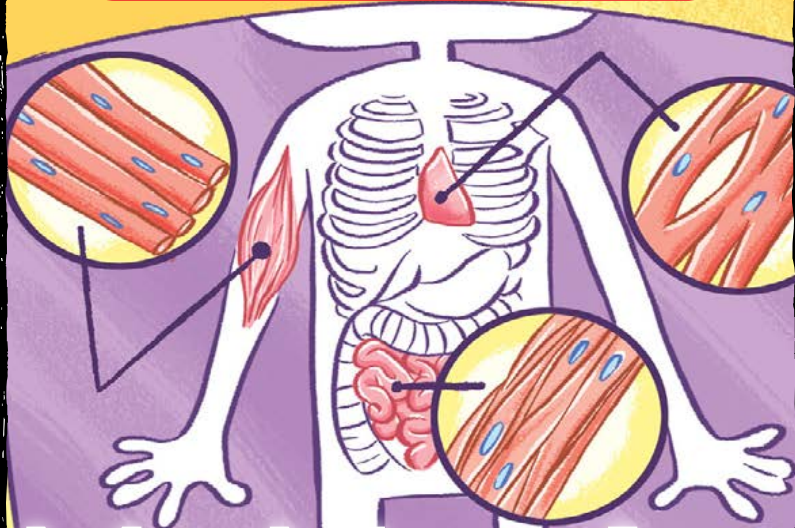


LEVELED BOOK • I



# My Muscles



Written by Racheal Rice • Illustrated by Keith Frawley

[www.readinga-z.com](http://www.readinga-z.com)

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## Focus Question

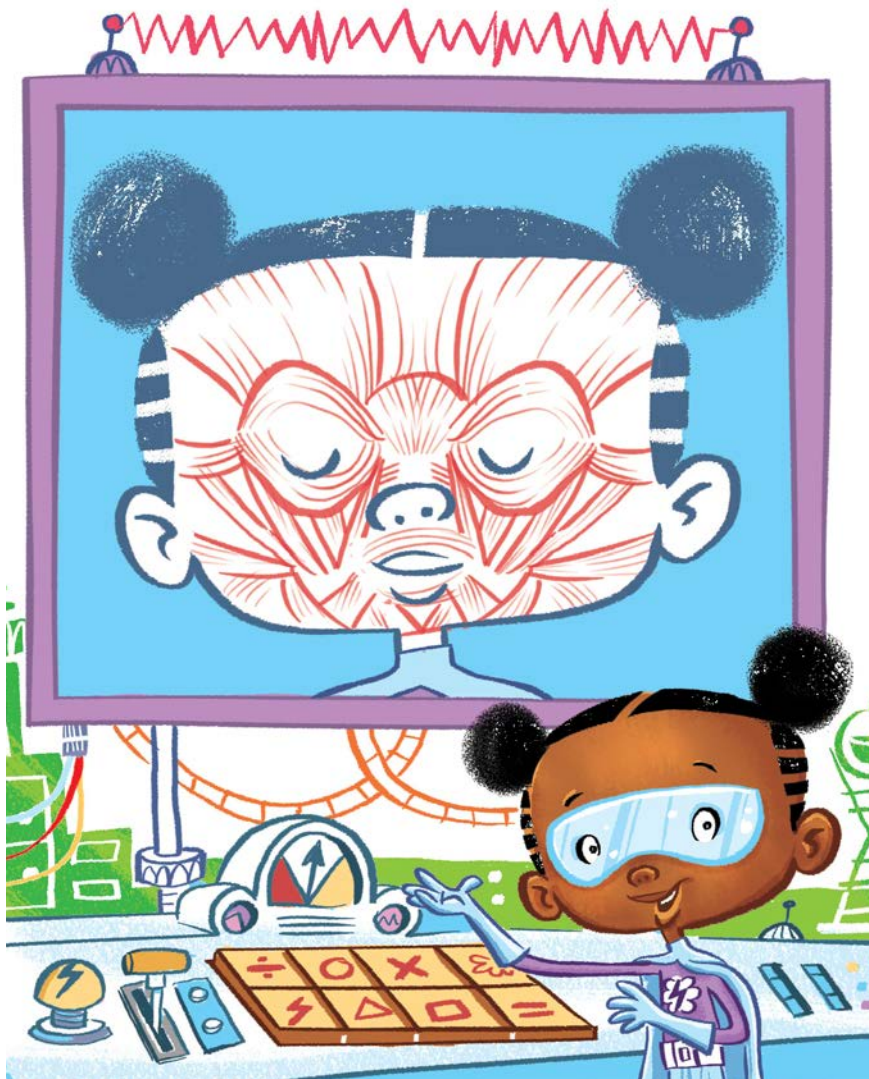
Why are muscles an important part of your body?



I smile. I frown.

I look surprised.

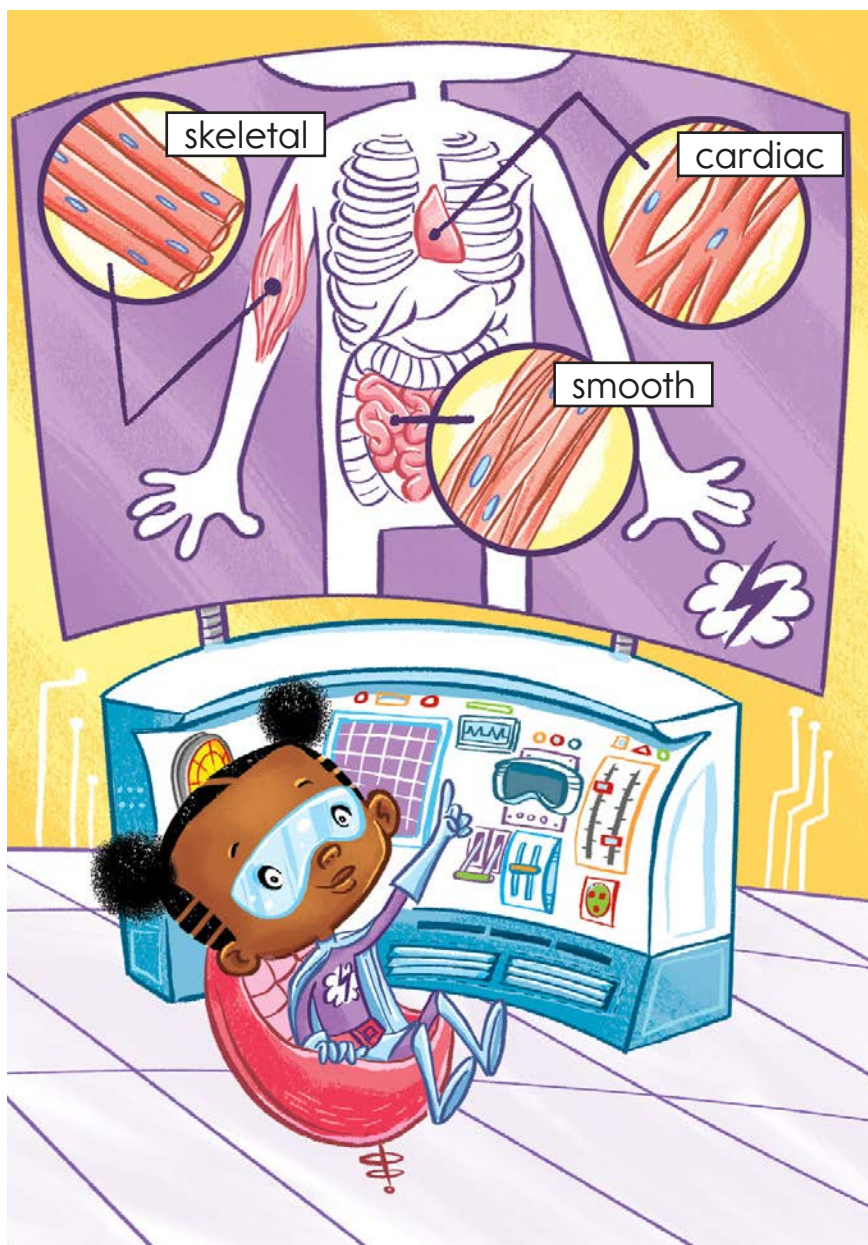




What do the looks  
on my face share?

**Muscles!**

My face has forty-two muscles.



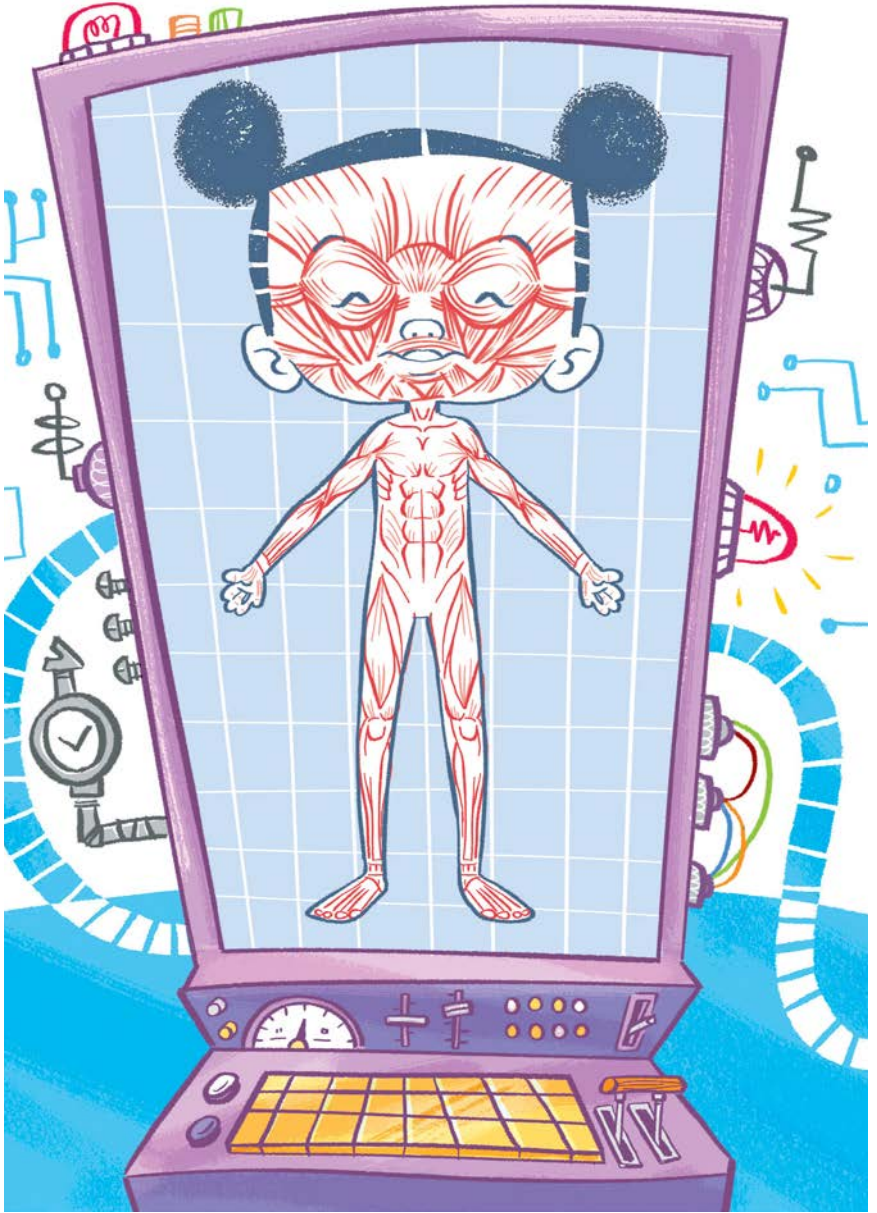
Three kinds of muscles help  
my body move in different ways.



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.

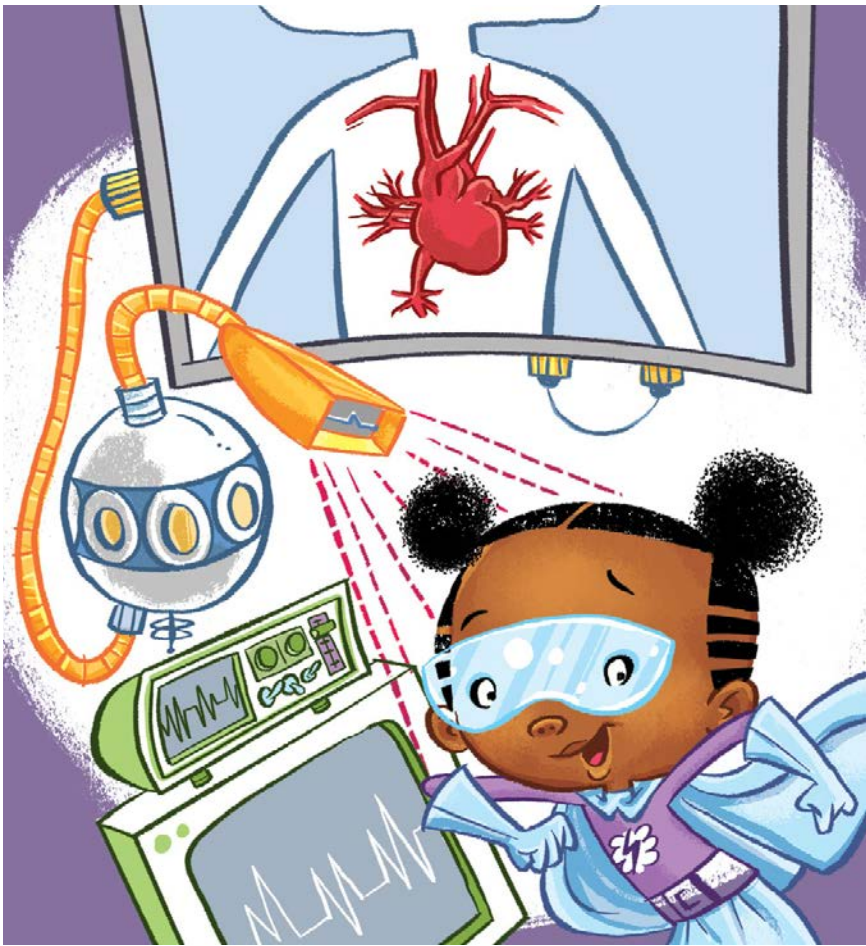


A second kind of muscle  
is **smooth muscle**.

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.



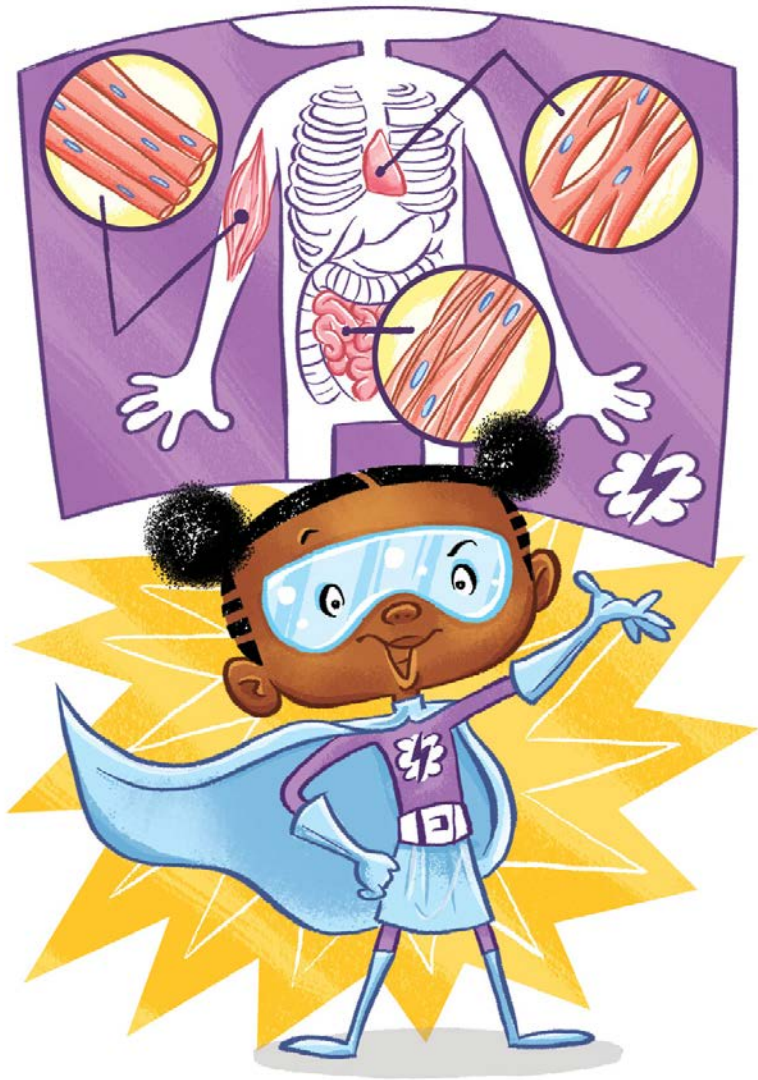
How do I know when my muscles  
are working?

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

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

## Words to Know

cardiac

connected

muscles

pump

skeletal

smooth muscle

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Level I Leveled Book

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### Correlation

#### LEVEL I

Fountas & Pinnell	I
Reading Recovery	15-16
DRA	16



# 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.



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