

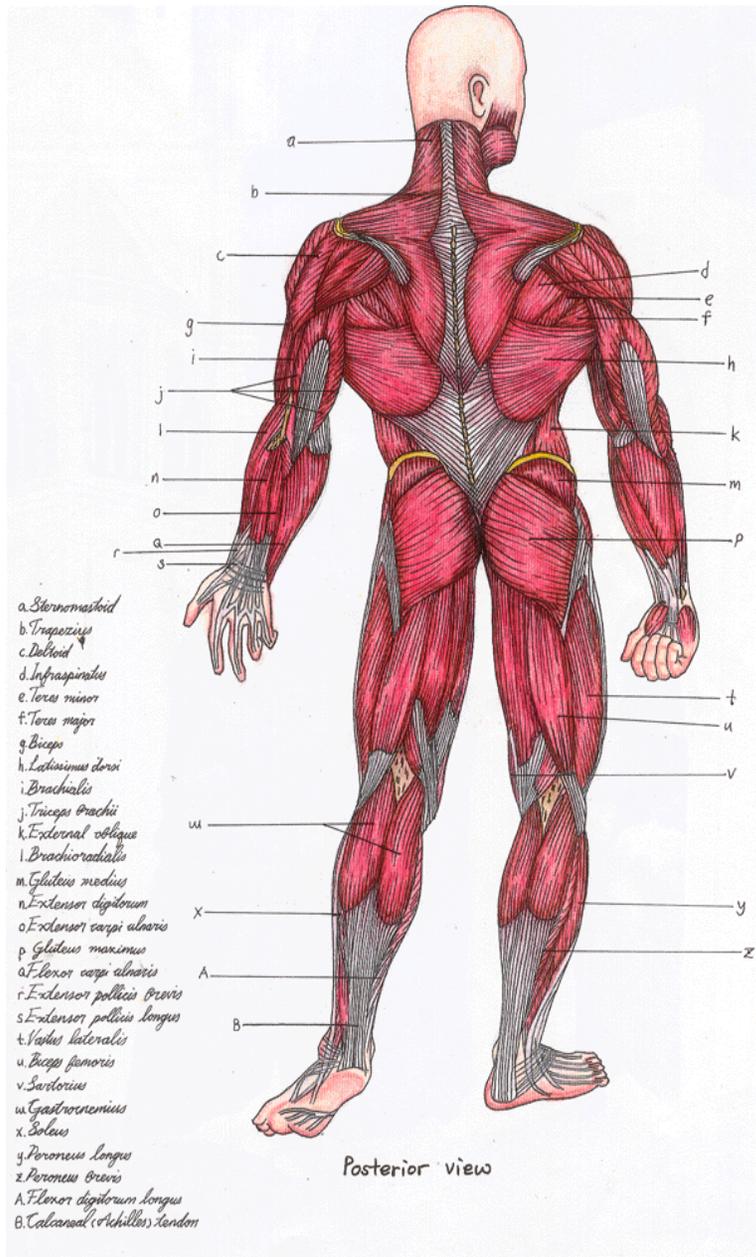
## Station 9 – Muscles

### Start Here

You are now in the muscles. You are here in the body  
*(Point to picture in the flipbook.)*

Show me your strong muscles.  
*(Flex your arm muscle as the students flex theirs.)*

Very good! You DO have strong muscles! How did you  
get your strong muscles?  
Eating healthy foods and exercising!



- a. Sternomastoid
- b. Trapezius
- c. Deltoid
- d. Infraspinatus
- e. Torus minor
- f. Torus major
- g. Biceps
- h. Latissimus dorsi
- i. Brachialis
- j. Triceps brachii
- k. External oblique
- l. Brachioradialis
- m. Gluteus medius
- n. Extensor digitorum
- o. Extensor carpi ulnaris
- p. Gluteus maximus
- q. Flexor carpi ulnaris
- r. Extensor pollicis brevis
- s. Extensor pollicis longus
- t. Vastus lateralis
- u. Biceps femoris
- v. Sartorius
- w. Gastrocnemius
- x. Soleus
- y. Peroneus longus
- z. Peroneus brevis
- A. Flexor digitorum longus
- B. Calcaneal (Achilles) tendon

Posterior view

Muscles help us move. Some muscles are attached to bones and move the bones.

You've already learned about a muscle that pumps blood. What was that muscle called? The heart!

Muscles



Did you know we have 636 different muscles? Our muscles are different sizes. We have large muscles, small muscles and medium size muscles.

*(Show muscle replica.)*

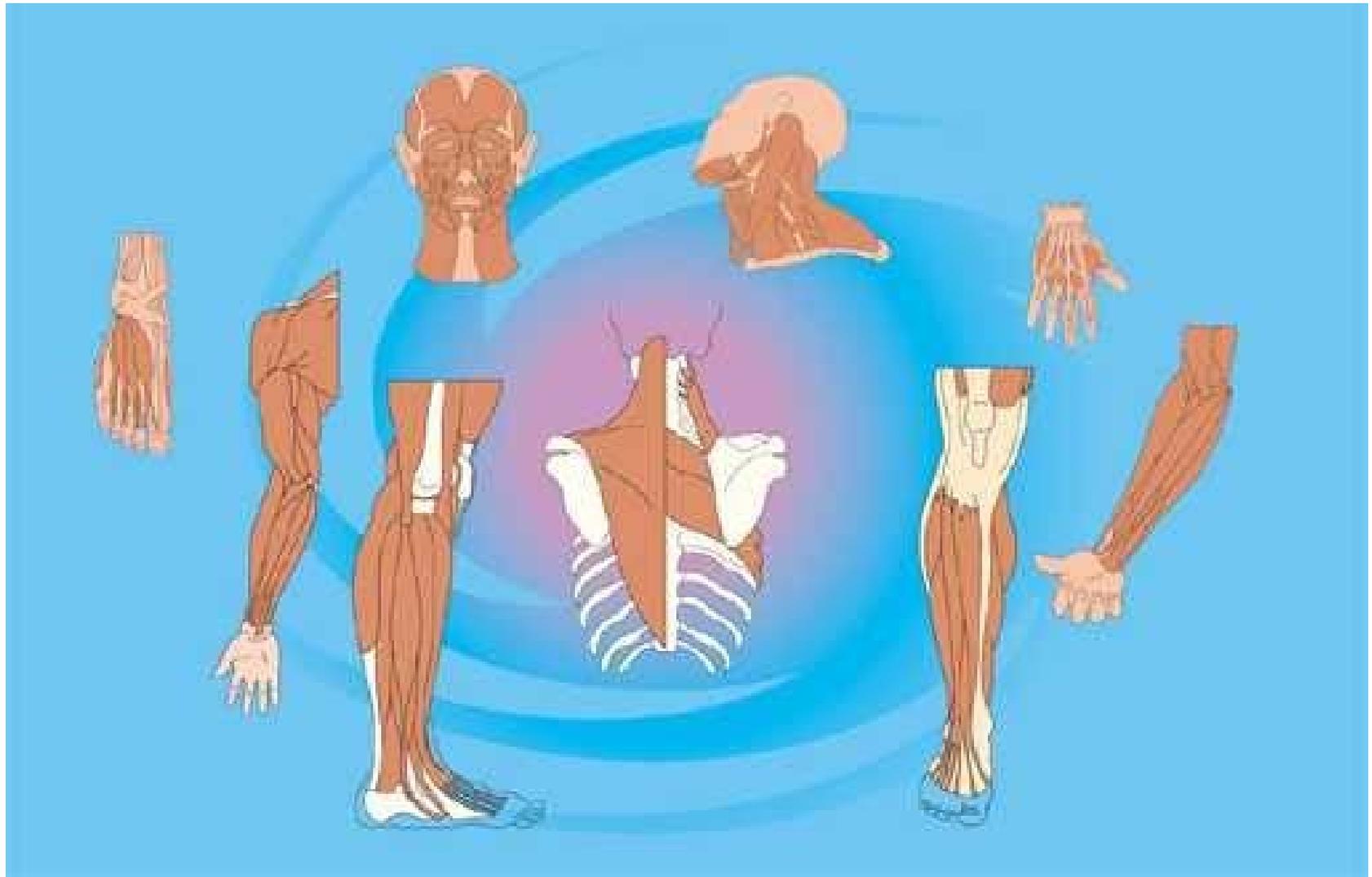
This is what one pound of muscle tissue looks like in our body.

*(Show fat replica.)*

This is what one pound of fat looks like in our body.

Which do you think is healthier?

Muscle!

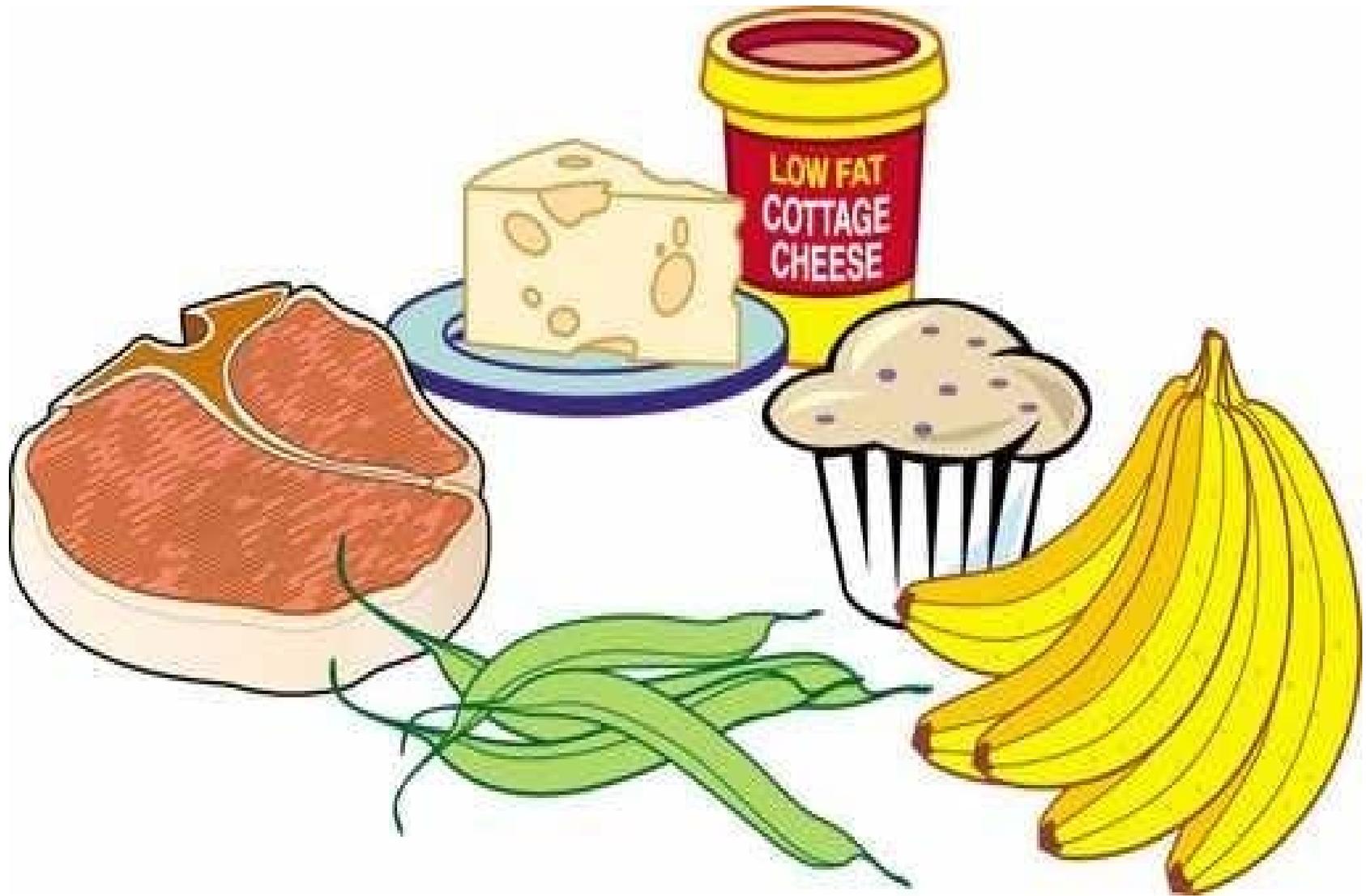


Look at these healthy foods.

*(Point to picture on the flipbook.)*

Some of these provide a nutrient called protein that helps build strong muscles. Can you tell me which ones build strong muscles? *(pork chop (meat group) and cheese (dairy group)).*

Our muscles need foods from the grain, vegetables and fruit groups, too. The nutrients we get from these foods are called carbohydrates. We need carbohydrates to provide fuel when our muscles are exercising.

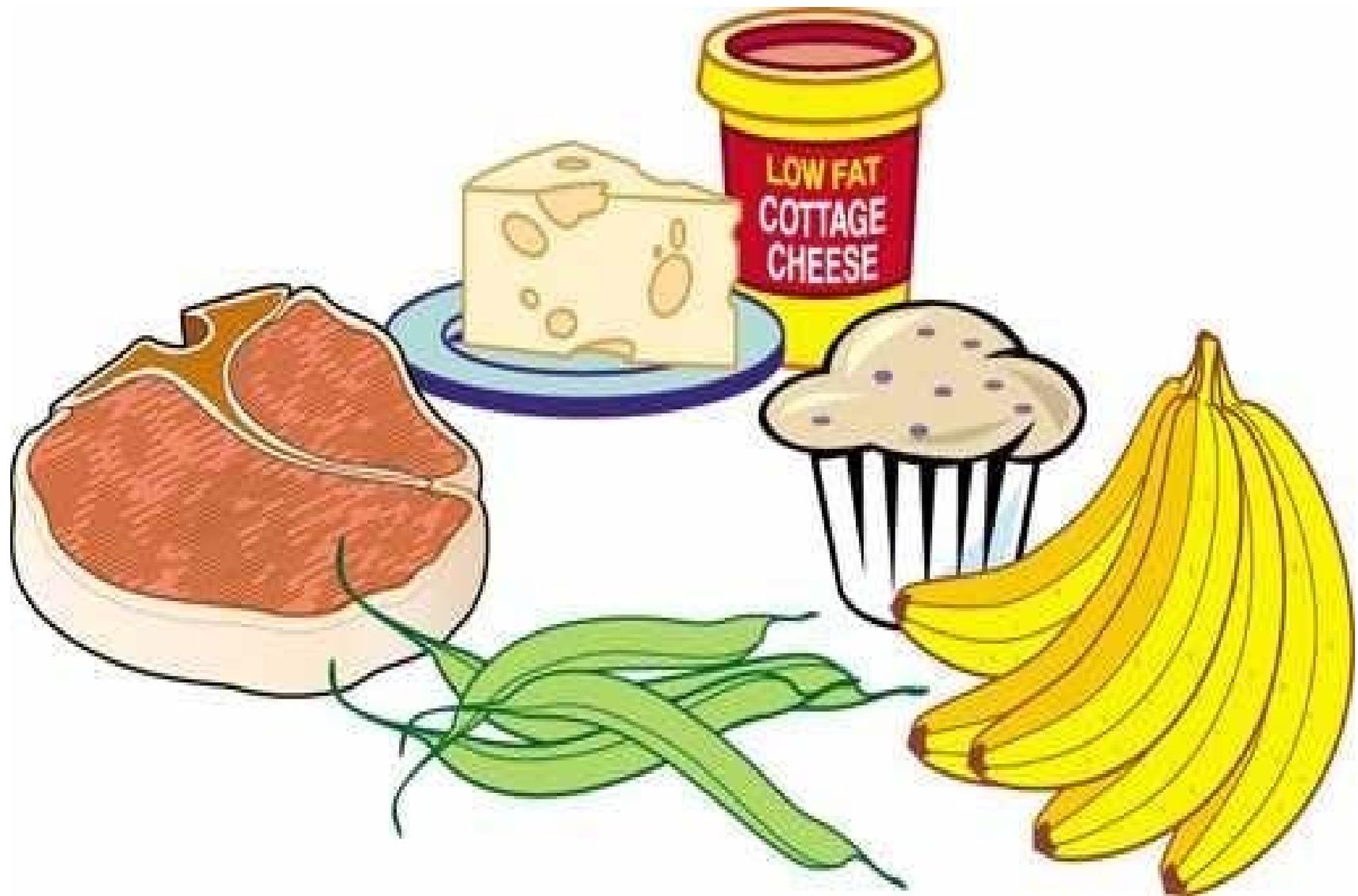


*(Point to pictures in flipbook)*

Where do these foods fit on the Food Guide Pyramid?

*(Wait for responses)*

Pork chop in meat, cheese in dairy, muffin in grains,  
green beans in vegetable and banana in fruit

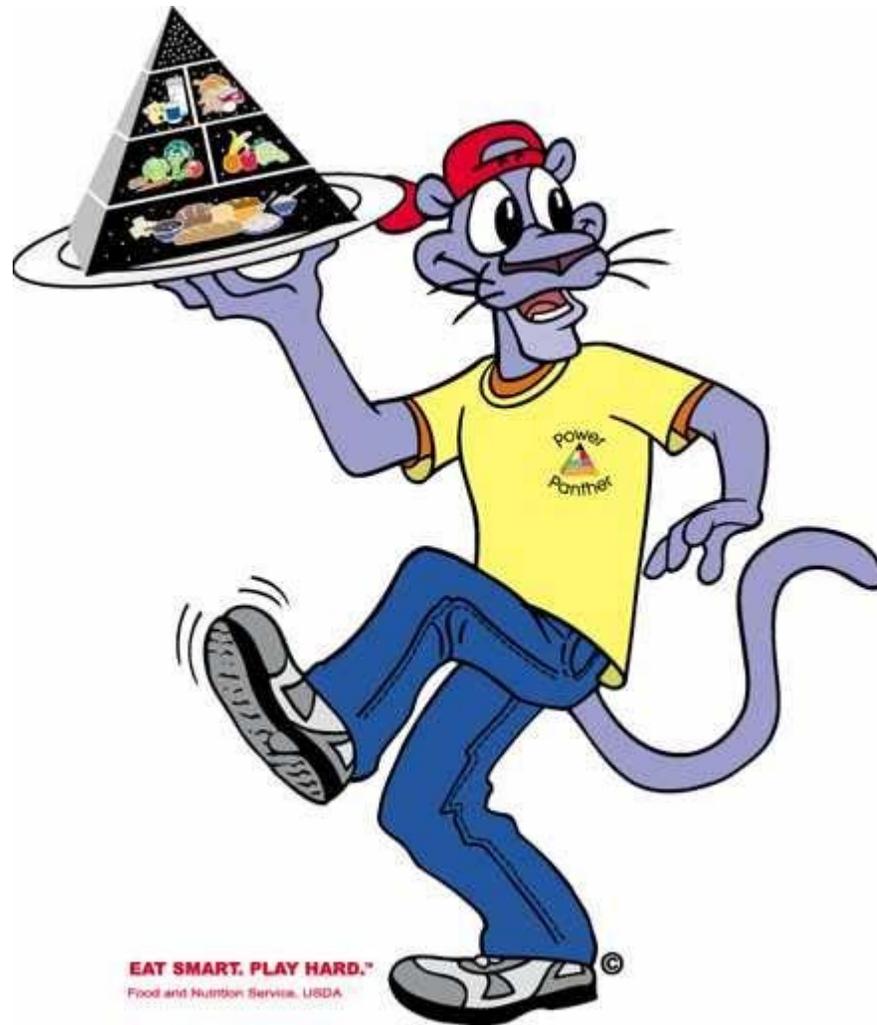


LOW FAT  
COTTAGE  
CHEESE

Carbohydrates come from breads, pastas and fruits.

Raise your hand if you have a food tag that provides carbohydrates.

Raise your hand if you have a food tag that provides protein. Protein comes from the meat and dairy groups.

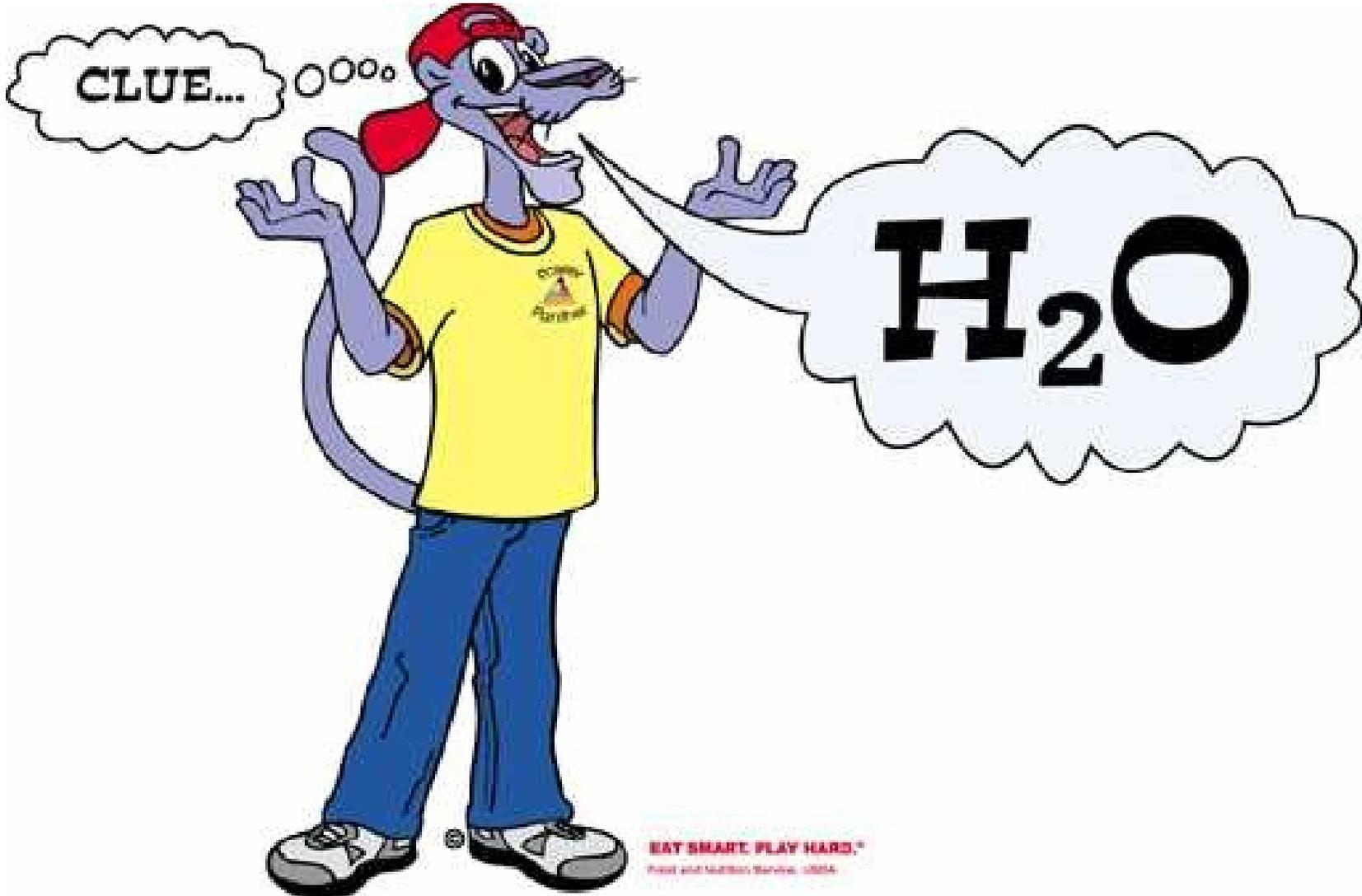


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There's something else we need to give our muscles.  
Does anybody have an idea what that might be?

*(If students don't know, give them this clue:)* It's something  
you drink.

Water! Our muscles need lots of water!



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Physical activity is also important for our muscles. Tell me some examples of a physical activity that exercises muscles.

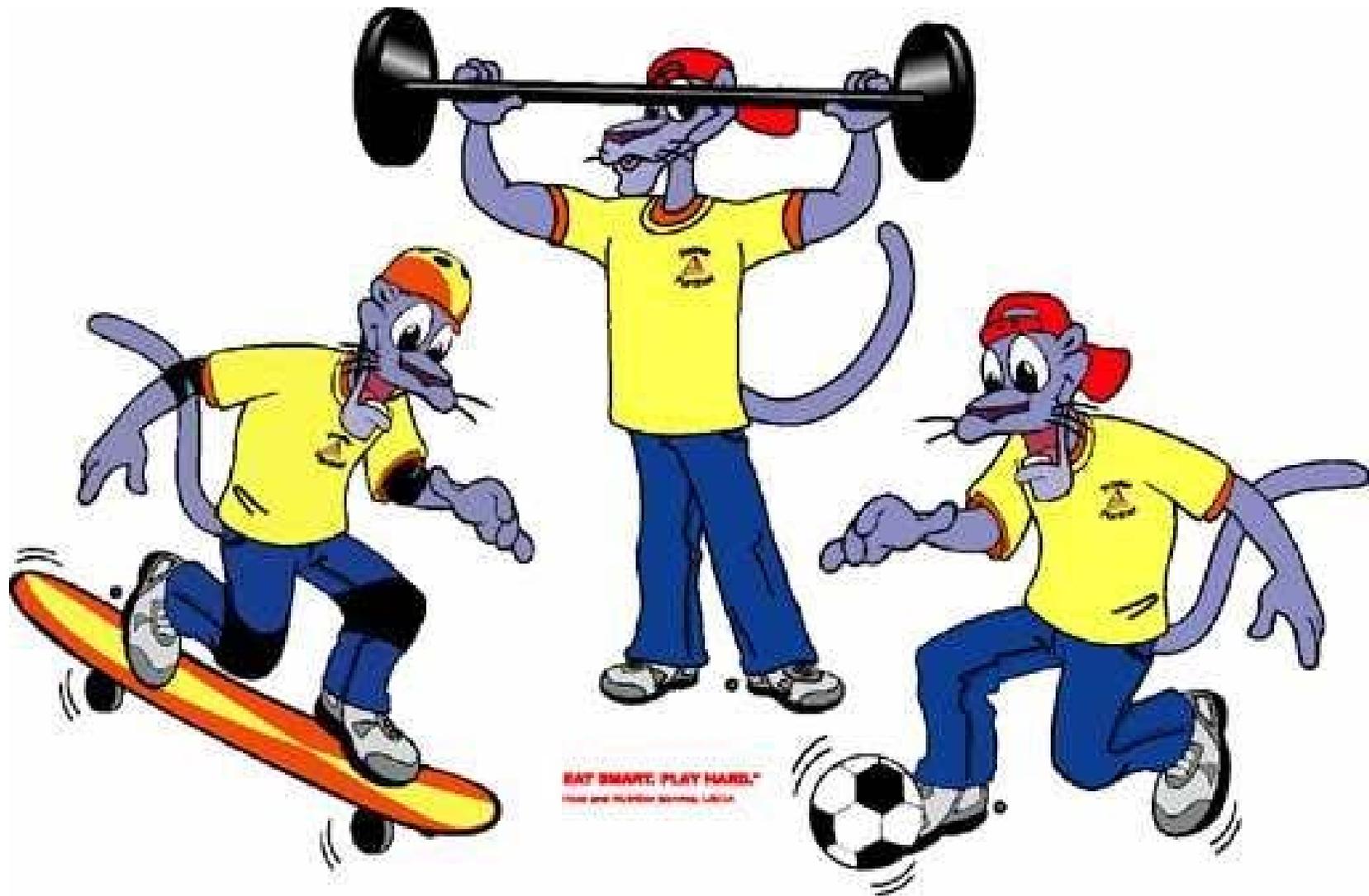
*(Wait for responses and accept almost any activity—running, riding bike, riding skateboard, swimming, etc.)*

Now we're going to stretch our muscles.

*(Instruct all students to stand and stretch arm muscles.)*

You have one more stop in the body---the skin. Are you ready to move to the skin?

**Station 9 – Muscles**  
**End Here**



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Read and Monitor Serving Labels.