

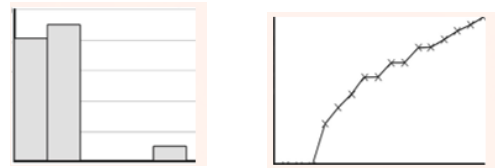
# How do humans change as they grow?

Vocabulary	Definition
<b>reproduction</b>	Where living things create offspring
<b>embryo</b>	Early stage of development for an unborn baby
<b>womb</b>	Where a baby grows
<b>adolescence</b>	The time between being a child and adult
<b>gestation period</b>	The time where humans and animals carry babies inside the womb
<b>puberty</b>	The time when a boy or girl's body begins to develop and change as they become an adult
<b>prenatal</b>	The time before a baby is born

**Reproduction**

Where living things create offspring (children). There are two types of reproduction: sexual and asexual.



## Graphs and charts



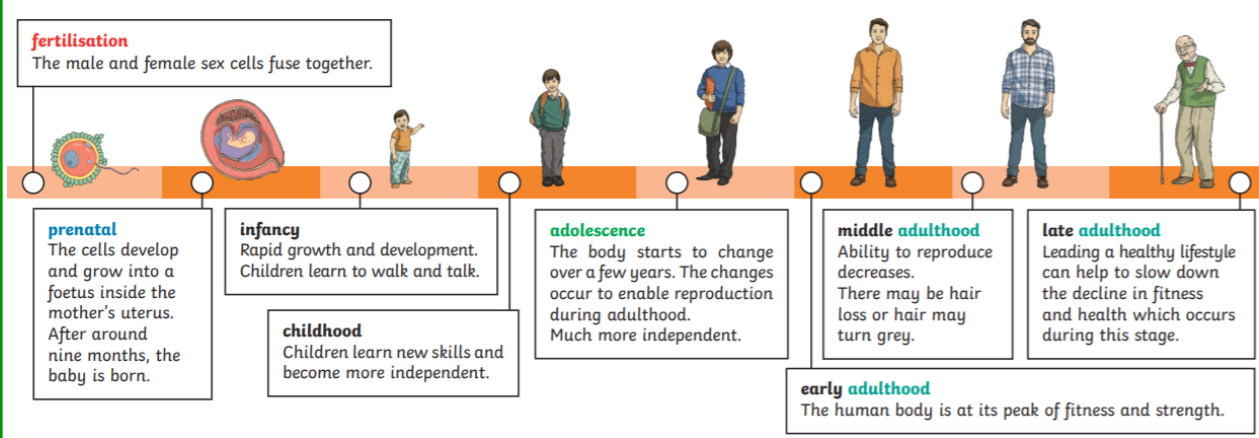
We can use graphs and charts to record and analyse how humans grow.

## Puberty and Adolescence

Puberty is the time when a boy or girl's body begins to develop and change as they become an adult. These changes are both physical and emotional. It happens during adolescence which is the stage of human life between 10-19 (approximately)

 <p><b>Girls</b></p>	<p>Develop breasts and begin to menstruate.</p> <p>Grow pubic hair, underarm hair and hair on arms and legs.</p> <p>Skin becomes oilier and sweat glands develop</p> <p>Hormones develop</p>
 <p><b>Boys</b></p>	<p>Develop deeper voices and grow more body hair.</p> <p>Scrotum, testes and penis develop.</p> <p>Pubic hair</p> <p>More muscular</p>

## Human life cycle



## Gestation



The time where humans and animals carry babies inside the womb. In humans, the gestation period lasts for about 9-months.

## Looking after ourselves



- HEALTHY LIFESTYLE**
- Good hygiene
  - Exercise
  - Balanced diet
  - Mental health