

How do humans change as they grow?

Vocabulary	Definition
Human life cycle	The changes a human goes through from birth to death
reproduction	When living things create offspring
embryo	Earliest stage in the development of a fertilised egg
womb	Where a baby grows
adolescence	The time between being a child and adult
gestation period	The time where humans and animals carry babies inside the womb
puberty	The time when a boy or girl's body begins to develop and change as they become an adult.
prenatal	The time before a baby is born (during pregnancy)

Reproduction

- Humans reproduce by sexual reproduction.
- This is where the sperm (male sex cell) fertilises the egg (female sex cell).

Sexual	Asexual
Two parents- male and female	One parent
Offspring look similar to parents but not	Offspring identical to parent

Puberty and Adolescence

- Puberty- when boys and girls bodies begin to develop and change as they become adults
- Physical and emotional changes

Girls



Develop breasts and begin to menstruate.

Grow pubic hair, underarm hair and hair on arms and legs.

Skin becomes oilier and sweat glands develop

Hormones develop.

Boys



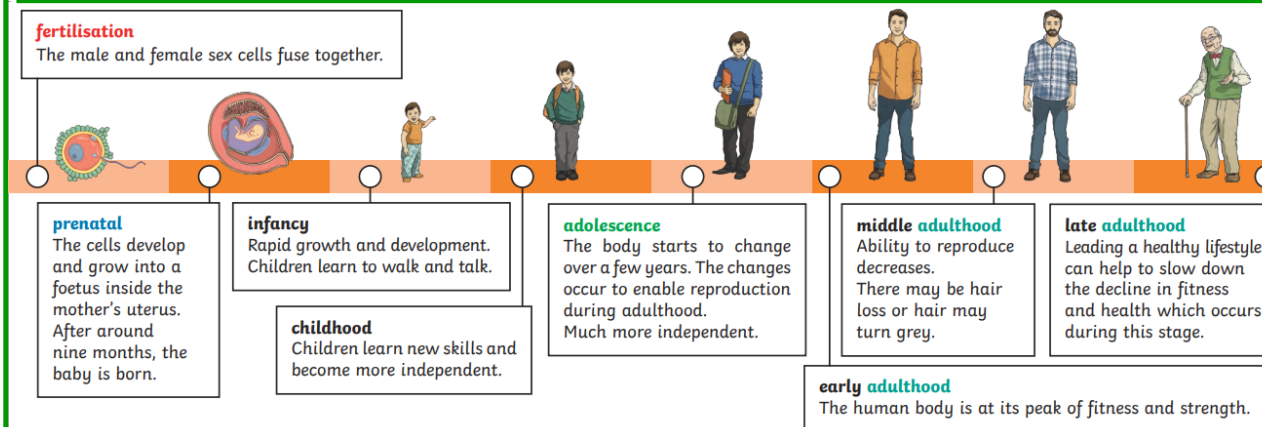
Develop deeper voices and grow more body hair.

Scrotum, testes and penis develop.

Pubic hair

More muscular

Human life cycle



Looking after ourselves

It's important to look after ourselves to prevent disease or illness.

- Good hygiene
- Exercise
- Balanced diet
- Mental health

