

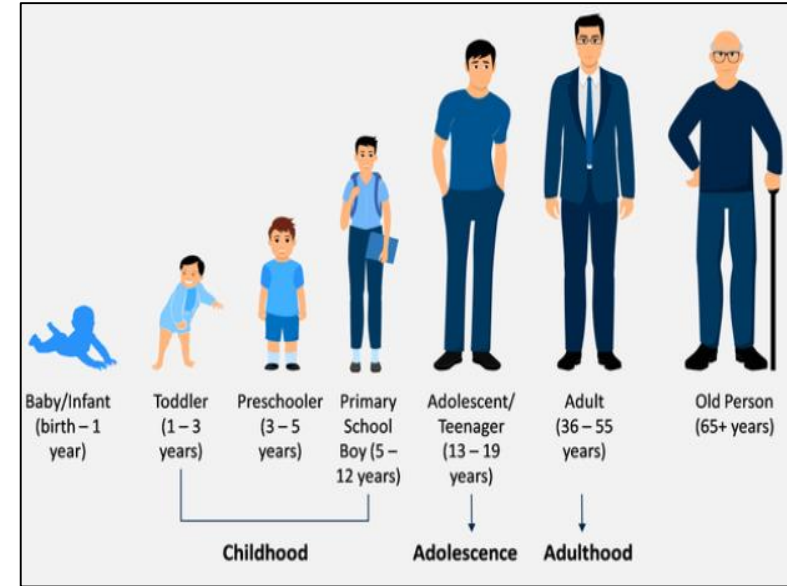


Key Vocabulary

life cycle	The series of changes that an animal or plant passes through from the beginning of its life until its death.
life processes	There are seven processes that tell us that living things are alive.
reproduction	when an animal or plant produces one or more individuals similar to itself.
growth	an increase in something
independent	If someone is independent, they do not need help or money from anyone else.
development	the gradual growth or formation of something
mature	When a child or young animal matures, it becomes an adult
offspring	a person's children or an animal's young
toddler	a young child who has only just learned to walk
infancy	the period of your life when you are a very young child.
adolescence	the period of your life in which you develop from being a child into being an adult.
puberty	the stage in someone's life when their body starts to become physically mature
adulthood	the state of being an adult.

The main stages of the human life cycle

- **newborn** - this is a baby that has just been born.
- **infancy** - this is a period of rapid change. Many toddlers learn to walk and talk at this stage.
- **childhood** - children learn new things as they grow. They become more independent.
- **adolescence** - this is when the body starts to change and prepare itself for adulthood. Hormonal changes take place over a few years. This is also known as puberty.
- **early adulthood** - this is when humans are usually at their fittest and strongest.
- **middle adulthood** - changes such as hair loss may happen. There are also some hormonal changes again and the ability to reproduce decreases.
- **late adulthood** - there is a decline in fitness and strength.



Height

Height is largely determined by DNA. However, environmental factors such as nutrition and exercise can affect growth during development. As children get older, they need good nutrition and plenty of exercise to help their bodies make the hormones they need to grow.



Focused Scientist – Rosalind Franklin (1920 - 1958)
 Rosalind Franklin British scientist best known for her contributions to the discovery of the DNA, a constituent of chromosomes that serves to encode genetic information. Franklin also contributed new insight on the structure of viruses helping to lay the foundation for the field of structural virology.



There is **not** an exact length of time for each stage because everybody is different. Some people begin a new stage **earlier** or **later** than others. It doesn't matter as we are all **unique** and hit each stage eventually.



Focused Scientist – Robert Winston

Robert Winston (b.1940) is a professor who researched and presented the TV show Child of our Time, which looked at how children grow and change in the first 20 years of their lives.

