Cycle of Life 

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the term used to describe the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that your body begins to experience between the ages of 10 - 17. People will experience these changes at an earlier or a later age. These changes include physical growth, the development of pubic hair and in females getting a period.

Puberty is controlled by hormones, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in females & testosterone in males. Hormones are chemical messengers inside the body that cause changes externally & internally.

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are produced in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the word used to describe when a mature egg (*ovum*) is released and enters one of the two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. For a few days, the egg cell travels toward the pear-shaped \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The lining of the uterus (*endometrium*) thickens in preparation for a fertilized egg.

If the egg has not been fertilized by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ cell, it will leave the body together with the lining of the uterus and a small amount of blood. This process is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The length of time from the beginning of one menstrual cycle to the beginning of the next cycle is on average, twenty-eight days. Often, when a female gets her period, she experiences feelings of \_\_\_\_\_\_\_\_\_\_\_\_\_, such as cramping. These feelings will vary from person to person and may be alleviated by mild exercise.

During intercourse, when the penis is inserted into the vagina, sperm are ejaculated into the vagina. Sperm travel through the cervix into the uterus and up to the fallopian tubes. Many sperm cells may meet the egg, however, only one sperm cell will penetrate the egg’s surface. This process is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*sperm & egg cell joined together*) makes its way through the fallopian tube towards the uterus. The embryo then embeds itself deep into the \_\_\_\_\_\_\_\_\_\_\_\_\_ (*lining of the uterus*) in a process called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If the embryo successfully implants, the menstruation does not occur and the female \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her period. This is the first sign that she is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Pregnancy is measured from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ day of the last menstrual period. When a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is at term (*fully grown*) forty weeks have passed since that day.

MISSES BABY SPERM EGGS

EMBRYO IMPLANTATION FALLOPIAN TUBES UTERUS

PROGESTERONE FIRST FERTILIZATION OVARIES

ENDOMETRIUM OVULATION PUBERTY PREGNANT

MENSTRUATION ESTROGEN DISCOMFORT CHANGES

Cycle of Life  - **ANSWERS**

**Puberty** is the term used to describe the **changes** that your body begins to experience between the ages of 10 - 17. People will experience these changes at an earlier or a later age. These changes include physical growth, the development of pubic hair and in females getting a period.

Puberty is controlled by hormones, **estrogen** & **progestrone** in females & testosterone in males. Hormones are chemical messengers inside the body that cause changes externally & internally.

The **eggs** are produced in the **ovaries**. **Ovulation** is the word used to describe when a mature egg (ovum) is released and enters one of the two **fallopian tubes**. For a few days, the egg cell travels toward the pear-shaped **uterus**. The lining of the uterus (endometrium) thickens in preparation for a fertilized egg.

If the egg has not been fertilized by a **sperm** cell, it will leave the body together with the lining of the uterus and a small amount of blood. This process is called **menstruation**. The length of time from the beginning of one menstrual cycle to the beginning of the next cycle is on average, twenty-eight days. Often, when a female gets her period, she experiences feelings of **discomfort**, such as cramping. These feelings will vary from person to person and may be alleviated by mild exercise.

During intercourse, when the penis is inserted into the vagina, sperm are ejaculated into the vagina. Sperm travel through the cervix into the uterus and up to the fallopian tubes. Many sperm cells may meet the egg; however, only one sperm cell will penetrate the egg’s surface. This process is called **fertilization**. The **embryo** (sperm and egg cell joined together) makes its way through the fallopian tube towards the uterus. The embryo then embeds itself deep into the **endometrium** (lining of the uterus) in a process called **implantation**.

If the embryo successfully implants, the menstruation does not occur and the female **misses** her period. This is the first sign that she is **pregnant**. Pregnancy is measured from the **first** day of the last menstrual period. When a **baby** is at term (fully grown) forty weeks have passed since that day.