

Nova's Human Body Discovery Cards

Learning objective: To identify and describe the stages of human growth and development from infancy to old age.

Read the front of each flashcard to test your knowledge about the human body. Flip the card to check if your answer matches the description provided by Nova the owl.

What is the first stage of human life, where a baby relies on parents for all their needs?	During which life stage do humans typically attend primary school and learn to be more independent?
Infancy	Childhood
What is the term for the period of physical and emotional change when a child transitions into a teenager?	What is the biological process during adolescence that causes physical changes, such as growth spurts?
Adolescence	Puberty
At what stage of life is a human considered fully developed and physically mature?	What is the final stage of the human life cycle, often characterised by wisdom and a slower physical pace?
Adulthood	Old Age
True or False: All humans grow and develop at the exact same speed.	What do we call the gradual increase in a person's physical size, such as height and weight?
False. Every individual grows and develops at their own unique pace.	Growth
What is the name for the process of learning new skills and changing over time, not just in size?	Name one major change that happens to the human body as it moves from childhood to adolescence.
Development	Possible answers include: getting taller, voice deepening, or the body preparing for adulthood.