

Nova's Human Body Discovery Quiz

Learning objective: To identify and describe the stages of the human lifecycle and the changes that occur as humans grow and develop.

Join Nova the Barn Owl on a flight through the human lifecycle! Read each question carefully and circle the correct answer or write your answer in the space provided.

Answer Key: 1) C (Infancy), 2) True, 3) Adolescence, 4) B (Puberty), 5) True, 6) B (They become more independent), 7) False, 8) A (All of the above), 9) True, 10) Old age.

Word bank: puberty · adolescence · infancy · adulthood · foetus · old age

1. 1. What is the very first stage of the human lifecycle after birth? A) Childhood B) Adolescence C) Infancy* D) Adulthood (1 mark)

2. 2. True or False: Humans continue to grow and change physically throughout their entire lives. (1 mark)

3. 3. Which stage of the lifecycle comes after childhood but before adulthood? (1 mark)

4. 4. During which stage do humans experience significant hormonal and physical changes? A) Infancy B) Puberty* C) Old age D) Birth (1 mark)

5. 5. True or False: During infancy, humans are completely dependent on their parents or carers for survival. (1 mark)

6. 6. How do humans change as they move from childhood into adolescence? A) They stop learning B) They become more independent* C) They grow smaller D) They stop needing sleep (1 mark)

7. 7. True or False: The human lifecycle ends at the age of 18. (1 mark)

8. 8. Which of these is a common change that happens during old age? A) Hair may turn grey or white B) Skin becomes less elastic C) Movement may become slower D) All of the above* (1 mark)

9. 9. True or False: Every person goes through the stages of the lifecycle at slightly different speeds. (1 mark)

10. 10. What is the final stage of the human lifecycle? (1 mark)

Draw: Draw a circular timeline showing the stages of the human lifecycle, from a baby in a pram to an elderly person walking in a park, including labels for each stage.



Extension challenge: Nova wants to know how you have changed since you were a baby! Write a short paragraph describing three things you can do now that you could not do when you were two years old.