

Nova's Guide to the Human Body

Learning objective: Identify the changes in the human body as it grows from infancy to old age.

Read the passage below carefully and answer the questions using full sentences. Ensure you refer back to the text to support your answers.

Nova the barn owl loves observing how humans grow and change throughout their lives. Humans begin their journey in infancy, where they are entirely dependent on adults for food, movement, and protection. As they grow into childhood, they learn to walk, talk, and solve complex problems. During the teenage years, known as adolescence, the body undergoes significant changes called puberty. This is a natural stage of development where the body prepares to transition into adulthood. During adulthood, the human body is fully developed and maintains its strength through healthy habits and nutrition. As humans enter old age, their bodies naturally slow down, and they may find that physical tasks take a little longer to complete. Throughout this entire journey, from birth to old age, the human body is a marvellous machine that adapts to every stage. Whether it is a baby learning to grasp a toy or an adult reflecting on their life experiences, the cycle of human development is a fascinating process that Nova finds truly brilliant to study under the starlight.

Word bank: adolescence · puberty · infancy · development · lifespan · physical

1. According to the text, what is the name for the period of time when a human is a teenager and their body is preparing for adulthood? (2 marks)

2. How does the text describe the dependency of an infant compared to an adult? (2 marks)

3. Why might a person in old age find physical tasks more challenging than a young adult? (2 marks)

4. Based on the passage, why is it important for adults to maintain healthy habits and good nutrition? (2 marks)

5. Nova describes the human body as a 'marvellous machine'. Do you agree with this description? Explain your reasoning using evidence from the text. (2 marks)

Draw: Draw a life cycle diagram showing four stages of a human's life: an infant, a child, an adult, and an elderly person.



Extension challenge: Research one physical change that occurs during puberty and write a short paragraph explaining why this change happens.