

## Animals, including humans: How do humans change as they develop into old age?

### Key Questions

- What are the stages of human development?
- How can the stages of human development be described?
- How do babies grow and develop?
- Can we collect and interpret data on the average heights of children at different ages?
- What changes occur during puberty?
- What are the main changes that take place in old age?

### Key Vocabulary

**development:** the steady growth of something

**foetus:** a young human or animal before it is born

**baby:** a very young child or animal

**childhood:** the period of somebody's life when they are a child

**adolescence:** the time in a person's life when they develop from a child into an adult

**puberty:** the period of a person's life during which their organs develop and to become capable of having children

**adult:** a fully grown person

**old age:** the time of your life when you are old

**life expectancy:** the number of years that a person is likely to live

**gestation period:** the time that the young of a person or an animal develops inside its mother's body until it is born

**lifecycle:** a living thing changes as it develops

**height:** the measurement of how tall a person or thing is

**weight:** how heavy somebody/something is, which can be measured

### Stages of Human Development

#### 1. Foetus

After eight weeks, the group of cells in the mother's womb develops more human-like features, becoming a foetus. The foetus grows inside its mother's womb for nine months (human **gestation period**). A foetus is completely reliant on its mother and cannot breathe, eat or drink for itself. It receives its nutrition through the umbilical cord.

#### 2. Baby (birth to 1 year)

A baby is born after 9 months and is completely reliant on his/her parents to meet his/her needs. Babies often cry to communicate his/her need for food or when he/she feels uncomfortable.

#### 3. Childhood (1-12 years old)

**Toddler** (1-3), **Pre-school** (3-5) and **primary school children** (5-12). At this stage, a human learns to walk and talk, read, write and form friendships with other children. A child is still heavily reliant on his/her parents.

#### 4. Adolescence (13-19 years old)

As a child grows, he/she becomes an adolescent (teenager). The **teenager** goes through a period of physical and emotional changes (**puberty**) as he/she develops into an adult. Teenagers tend to seek greater independence from their parents and will often notice changes in their behaviour and attitudes.

#### 5. Adulthood (20 to 65 years old)

An adult's body is fully developed. Adults can **reproduce** and create their own families.

#### 6. Old age (65 years +)

This is the last stage of a human's life. The average life expectancy of an adult can vary from 70 to 85 years old; however, some adults live beyond their eighty-fifth birthday.

