

## PART-7 NOTES

### UNIT -6 LIFE CYCLE

#### LESSON -7 -THE HUMAN LIFE CYCLE

##### Fill in the blanks

1. Every part of our body is made up of tiny building blocks called cells.
2. Regular exercise can lead to a longer and healthier life.
3. Death is the last stage of the human life cycle.
4. In an average lifetime the human heart can beat over 2500 million times.

##### True or false

1. A newborn can drink and eat all kind of food.- false
2. As people get older they become weaker and less healthy. -true
3. The teeth joints and other body parts become healthy as we grow old. - false

## Questions and Answers

1. What are the different stages of human life cycle?

There are five different stages in human life cycle.

1. Infancy
2. Childhood
3. Adolescence
4. Adulthood
5. Old Age

2. Arrange the list in the correct order.

Middleage, childhood, adolescence, oldage, young, Adulthood, infancy

Ans;-infancy

Childhood

Young

Adolescence

Adulthood

Middle age

Old age

3. Between the ages of about ten and eighteen, your body will undergo a series of changes .what are they?

- You will be taller, heavier and stronger
- You will get hair on face and body
- You will start getting more oily skin and starts sweating
- Your voice will start changing

4. As people get older, they become weaker and less health. Why?

During old age, their teeth, joints and other body parts wear out, their skin starts to sag and they catch illnesses and diseases more easily than a younger person. That's why as people get older, they become weaker and less healthy.

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