Human Reproduction

What changes happen in males and females during puberty?

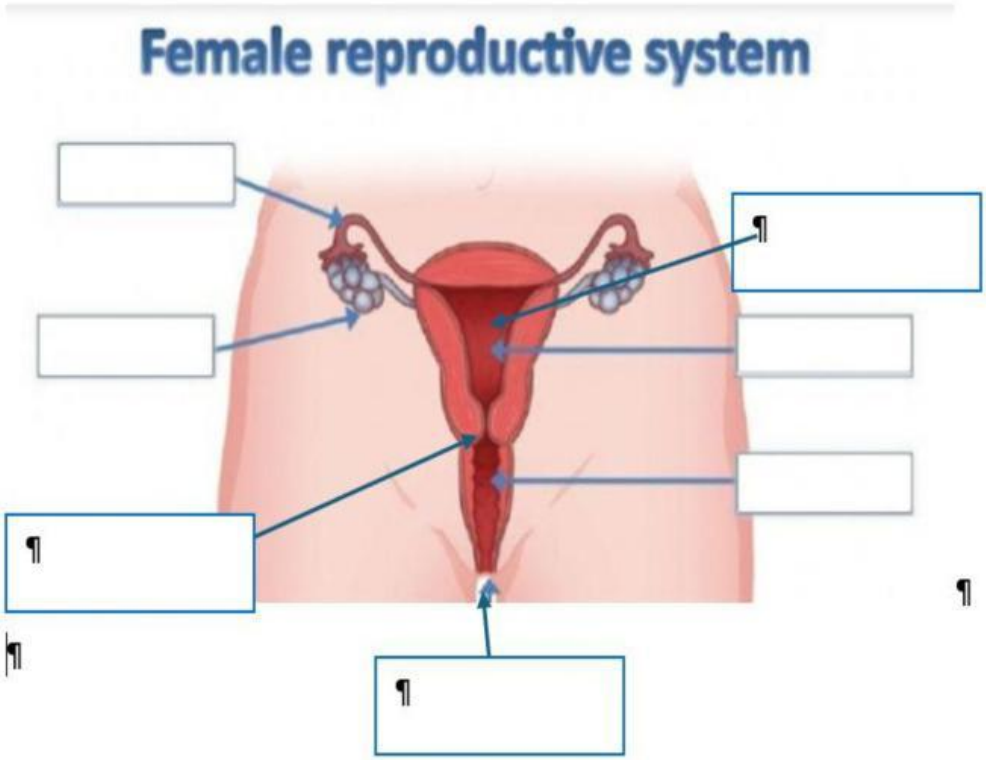
Male	Female
Facial hair grows (beard and mustache).	Breast development begins.
Body hair increases.	Body hair grows.
Voice becomes deeper.	Menstrual cycle begins.
Muscles develop.	Hips widen.
Height increases.	Height increases.
Shoulders broaden.	Fat distribution changes.
Adam's apple becomes more visible.	Skin texture changes.
Sweat production increases.	Voice may change slightly.
Skin texture may change.	

What are secondary sex characteristics?

They are physical changes that appear during puberty and help differentiate male and female bodies.

LIVEWORKSHEETS

3. Female Reproductive System

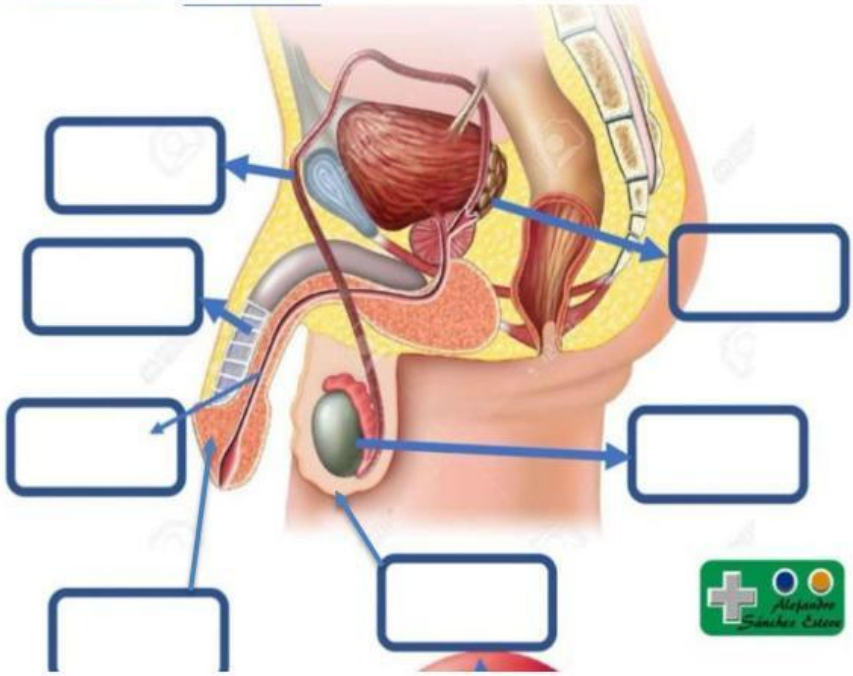


(Vulva, fallopian tubes, womb, cervix, ovary, vagina, endometrium)

What is the vulva?	The set of external reproductive structures.
What is the vagina?	A duct about 10 cm long that connects the uterus to the outside of the body.
What is the uterus (womb)?	A thick muscular organ where the baby develops during pregnancy.
What is the endometrium?	The inner membrane lining of the uterus.
What do the fallopian tubes do?	They transport eggs from the ovaries to the uterus.
What are the ovaries?	Organs where female sex cells (eggs) are produced.
What is the cervix?	The narrow lower end of the uterus that connects to the vagina.

LIVEWORKSHEETS

4. Male Reproductive System



(testiscles, penis, urethra, vas deferens, accessory sex glands scrotum glands)

What are the testicles?	Organs where sperm cells are produced.
What is the penis?	The organ that releases semen and urine.
What is the urethra?	The tube that carries urine and semen out of the body.
What is the vas deferens?	The duct that carries sperm from the testicles to the urethra.
What is the scrotum?	A protective sac of skin that holds the testicles.
What do accessory sex glands do?	They produce fluids that nourish and protect sperm.

LIVEWORKSHEETS

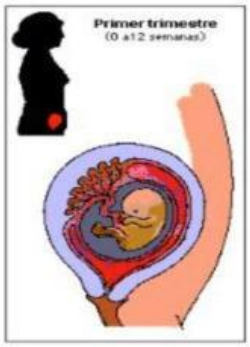
5. Pregnancy

What is pregnancy?

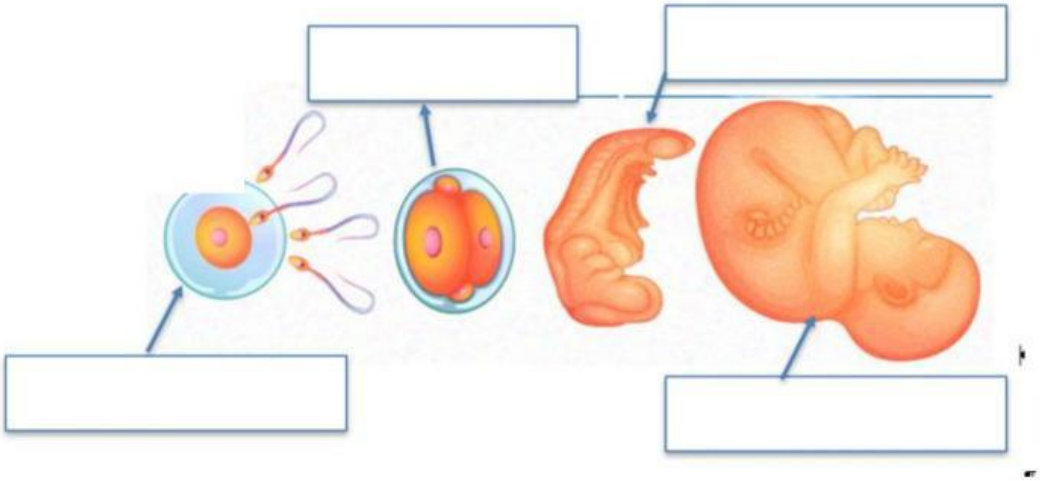
The process in which a new organism develops in the mother's uterus.

How long does pregnancy last in humans?

About 9 months or 40 weeks.

	**First trimestrer** **1 -3 months** SIZE: 10 CM WEIGHT: 20 g The mother experience nausea and vomiting
	Second trimestrer **4 -6 months** SIZE: 30 cm WEIGHT: 1 kg g The mother belly grows and she canfell the baby moving
	Third trimestrer **7 – 9 months** SIZE: 50 cm WEIGHT: 3 kg g The mother belly slows her down and she women usually feell tired and uncomfortable.

LIVEWORKSHEETS



(Esperm+Egg Zigote Embrio feto Baby)

Pregnancy, Birth and Newborn Care – Q&A Summary

How long does pregnancy usually last?

Pregnancy usually lasts about 40 weeks after the mother's last menstruation.

What is childbirth?

Childbirth is the process through which a baby is born.

What are the three stages of vaginal birth?

Labor, Delivery, and Afterbirth.

What happens during labor?

The uterus contracts to push the baby toward the vagina. The amniotic sac may break and the cervix opens to about 10 cm.

What happens during delivery?

The contractions push the baby out through the vagina. The head comes out first, then the shoulders and the rest of the body.

What happens after the baby is born?

The umbilical cord is cut, the baby breathes for the first time, and the placenta is expelled from the uterus.

LIVEWORKSHEETS

What is a cesarean delivery?

A cesarean delivery (C-section) is a surgery used to deliver a baby through the mother's abdomen when vaginal birth is risky.

How does the developing baby receive nutrition?

The baby receives nutrients and oxygen from the mother's blood and sends waste back to the mother.

What is the placenta?

The placenta is an organ that connects the mother's blood vessels with the baby's blood vessels.

What is the umbilical cord?

The umbilical cord contains veins and arteries that connect the baby to the placenta.

What is the amniotic sac?

The amniotic sac is a membrane with fluid that protects the baby, keeps the temperature stable, and allows movement.

Why do newborns need special care?

Newborns depend on adults for their physical, mental, and emotional development.

What care do newborns need?

They need feeding (usually breast milk), a comfortable temperature, good hygiene, and time to rest and sleep.

How can we maintain reproductive organ health?

By keeping good hygiene, washing regularly, wearing clean breathable clothes, and seeing a doctor if there is pain or discomfort.

LIVEWORKSHEETS