A human life

Human life starts with a single fertilised egg cell, called a **zygote**, which makes copies of itself and forms an **embryo**. The embryo gradually becomes more human-like in its mother’s womb, developing into a **foetus**.

When the **baby** is born, it is completely helpless, but grows steadily and becomes a more independent **child**. The child then experiences **puberty**, where they become a **young adult** who is capable of reproducing themselves. As adults get older, and enter **middle age**, they become noticeably weaker. At the end of middle age, females are no longer able to reproduce. This is called the **menopause**.

An adolescent is a person who is going through puberty, when they change from a child into an adult who can reproduce. Older adults gradually grow more frail and often need help in order to perform daily activities. The last stage in a human’s life is **old age**, when they are increasingly dependent on support from others.

**Embryo**
An embryo is a tiny ball of cells. It is formed from a fertilised egg cell which has made several copies of itself.

**Foetus**
A foetus is a baby which is developing inside its mother’s womb. As it grows, it looks more and more like a human.

**Newborn**
A newborn baby is completely helpless. It is entirely dependent on other humans for all of its needs.

**Child**
As children grow, their bodies become stronger and they learn to become more independent. They can dress and feed themselves.

**Young adult**
Young adults tend to be at their physical peak. They are capable of reproducing and having children of their own.

**Middle-aged adult**
Towards the end of middle age, females are no longer able to reproduce. This is called the menopause.

Activity
Use these descriptions (or write your own) to complete the timeline on the following page. Draw your own pictures.