

Answer the following questions in your exercise books or your activity books.

1. Identify the first **four** stages of human development.
2. What are the **three** life stages before you become an adolescent?
3. Define the terms:
 - a. Adolescence
 - b. Puberty
 - c. Infancy
 - d. Childhood
4. Discuss the following terms related to prenatal care.
 - Gestation
 - Embryo
 - Foetus
 - Amniotic sac
 - Fallopian tube
 - zygote
5. List down the different physical development taking place during infancy and childhood.
6. What are some factors contributing to physical development?
7. List down some characteristics of 'good grooming'.
8. What is the difference between physical and psychological development.
9. Discuss **three** changes that occur during the period of adolescence.

The End