

Growing Up and Growing Old

Chapter 13: Growing Up and Growing Old · Topic 1

Key Concept

Humans grow through stages like infancy, childhood, teenage years, adulthood, and old age, with our bodies changing at each stage.

As we grow, we become taller, stronger, and learn new skills, while our needs and abilities also change over time.

Elderly people, having lived through many life stages, often have valuable experience and wisdom to share with younger generations.

Respecting and caring for elderly family members is important, as they may need extra help and deserve our love and attention.

Quick Revision Notes

- Growth stages: infancy, childhood, teenage, adulthood, old age.
- Bodies change at each stage.
- We grow taller and stronger.
- We learn new skills as we grow.
- Elderly people have valuable experience.
- They can share wisdom with younger people.
- We should respect elderly family members.
- They may need extra help and care.

Practice Questions

- 1 Discuss the different stages of human life.
- 2 Talk to an elderly family member about their experiences.
- 3 Draw yourself now and imagine yourself as an adult.
- 4 Discuss one way to help an elderly person.
- 5 List two changes that happen as we grow.
- 6 Discuss why we should respect our elders.