

Human Growth & Development Vocabulary | Fifth Grade Girls

- **Acne** | Pimples, and blackheads that break out on the face, chest, and back.
- **Adolescence** | is the term used to describe the time when changes occur as a person grows from a child to an adult.
- **Anus** | rectum, opening where solid waste leaves the body.
- **Blackhead** | pimple, caused by oil becoming trapped in the pore.
- **Bladder** | the part of the urinary tract that collects urine and holds it until it is released.
- **Body odor** | produced when a person gets hot; apocrine, endocrine, and sebaceous glands release fluids to cool the body.
- **Bowel movement** | when solid waste is expelled from the body.
- **Deodorant** | product used to reduce body odor.
- **Estrogen** | hormone released by the ovaries which stimulate breast development, growth of pubic hair, and other female characteristics.
- **Fallopian tubes** | carry ova or egg from the ovary to the uterus.
- **Fertilized Egg (Zygote)** | produced when a man's sperm and a woman's egg join: can develop and grow into a baby.
- **Gland** | organ that produces hormones and other secretions.
- **Hormones** | are produced by different glands and secreted into the bloodstream where they are carried to other organs to simulate changes during puberty.
- **Hygiene** | personal care and cleanliness.
- **Menstrual cramping** | caused when the uterus contracts, sometimes before, or during the menstrual flow.
- **Menstrual cycle** | the time from the beginning of one menstrual period to the next.
- **Ovary** | part of the female reproductive system releases eggs and produces estrogen and progesterone.
- **Ovulation** | term used to describe the process in which the ovary releases a mature egg cell that travels through the fallopian tube and into the uterus.
- **Period** | when a woman's body discharges the unfertilized egg, along with the built-up lining of blood and mucus membrane from the uterus.
- **Perspiration** | sweat.
- **Pituitary Gland** | located at the base of the brain, it produces the hormones that control growth and stimulates the reproductive glands.
- **Progesterone** | female hormone, released by ovaries: triggers thickening of the uterine lining, in preparation for a fertilized egg.
- **Puberty** | used to describe the changes that occur when growing into adulthood.
- **Pubic area** | groin.
- **Reproductive gland** | male testes/female ovaries.
- **Sebaceous gland** | gland that produces oil.
- **Semen** | fluid that carries sperm out through the penis.
- **Sex Cell** | Male sperm/Female ova.
- **Tampon** | used to absorb the menstrual flow, a tampon is placed inside the vagina.
- **Urethra** | carries urine from the bladder out of the body.
- **Urine** | liquid body waste.
- **Uterus** | (womb) part of the female reproductive system, where a fertilized egg can develop into a baby.
- **Vagina** | a short channel that leads from the uterus to an opening between the urethra and the anus.