



teaching
sexual
health.ca

Grade 5

Learning Activity

The Menstrual Cycle

Learning Outcome

Students connect puberty to the capacity for human reproduction

The Menstrual Cycle

Grade 5

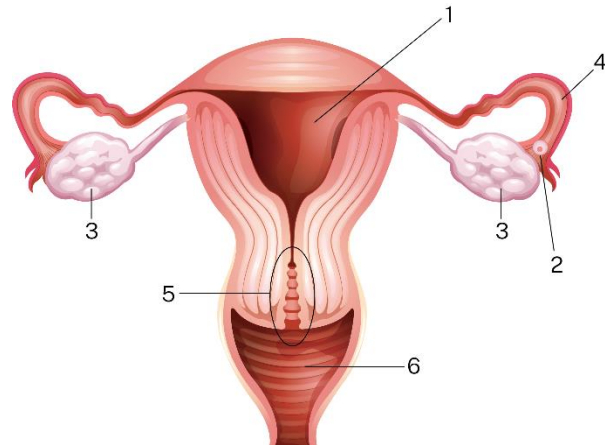


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Read the following description of the menstrual cycle and fill in the blanks using the words provided.

Word Bank

fallopian tubes
menstrual cycle
egg
uterus
cervix
ovary
vagina



The menstrual cycle is how the body prepares each month for the possibility of a pregnancy.

Each month, due to changes in hormones, the _____ (1) grows a thick, soft lining made up of tissue and blood along its walls. The lining contains nutrients that are needed to nourish a growing embryo if a pregnancy occurs.

The ovaries contain millions of reproductive cells. Each cell is called an _____ (2). Each month, one of these cells grows and is released from an _____ (3). Sometimes it is released from the left ovary, sometimes from the right ovary. The release of the egg is called “ovulation”.

The egg is released from the ovary and starts to travel along the _____ (4). If the egg is not fertilized by a sperm, after about 24 hours, the egg begins to break down. Without a fertilized egg, the lining of the uterus begins to leave the uterus. The release of this blood and tissue that lined the uterus is called “menstruation”, also known as “a period”. The blood and tissue are sometimes called “menstrual fluid”. The menstrual fluid passes through the _____ (5), the _____ (6), and out of the body.

After menstruation occurs, the lining of the uterus begins to build up again, and another egg grows, ready for ovulation. The cycle repeats over and over again. This process is called the _____ (7). The whole cycle takes about 28 days on average, although everyone is different.



The Menstrual Cycle

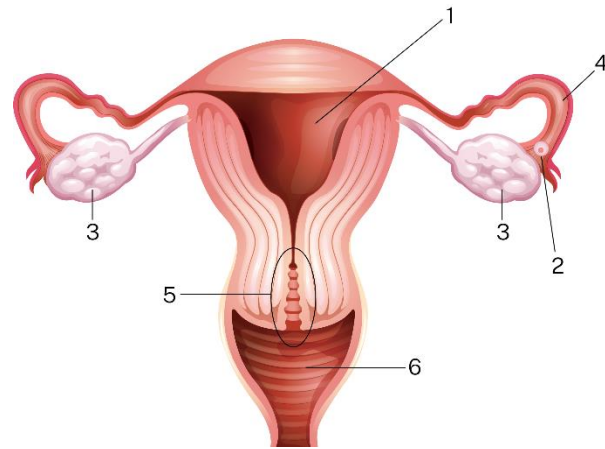
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Word Bank

fallopian tubes
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egg
uterus
cervix
ovary
vagina



The menstrual cycle is how the body prepares each month for the possibility of a pregnancy.

Each month, due to changes in hormones, the **uterus** (1) grows a thick, soft lining made up of tissue and blood along its walls. The lining contains nutrients that are needed to nourish a growing embryo if a pregnancy occurs.

The ovaries contain millions of reproductive cells. Each cell is called an **egg** (2). Each month, one of these cells grows and is released from an **ovary** (3). Sometimes it is released from the left ovary, sometimes from the right ovary. The release of the egg is called “ovulation”.

The egg is released from the ovary and starts to travel along the **fallopian tubes** (4). If the egg is not fertilized by a sperm, after about 24 hours, the egg begins to break down. Without a fertilized egg, the lining of the uterus begins to leave the uterus. The release of this blood and tissue that lined the uterus is called “menstruation”, also known as “a period”. The blood and tissue are often called “menstrual fluid”. The menstrual fluid passes through the **cervix** (5), the **vagina** (6), and out of the body.

After menstruation occurs, the lining of the uterus begins to build up again, and another egg gets ready for release. The cycle repeats over and over again. This process is called the **menstrual cycle** (7). The whole cycle takes about 28 days on average, although everyone is different.



The Menstrual Cycle

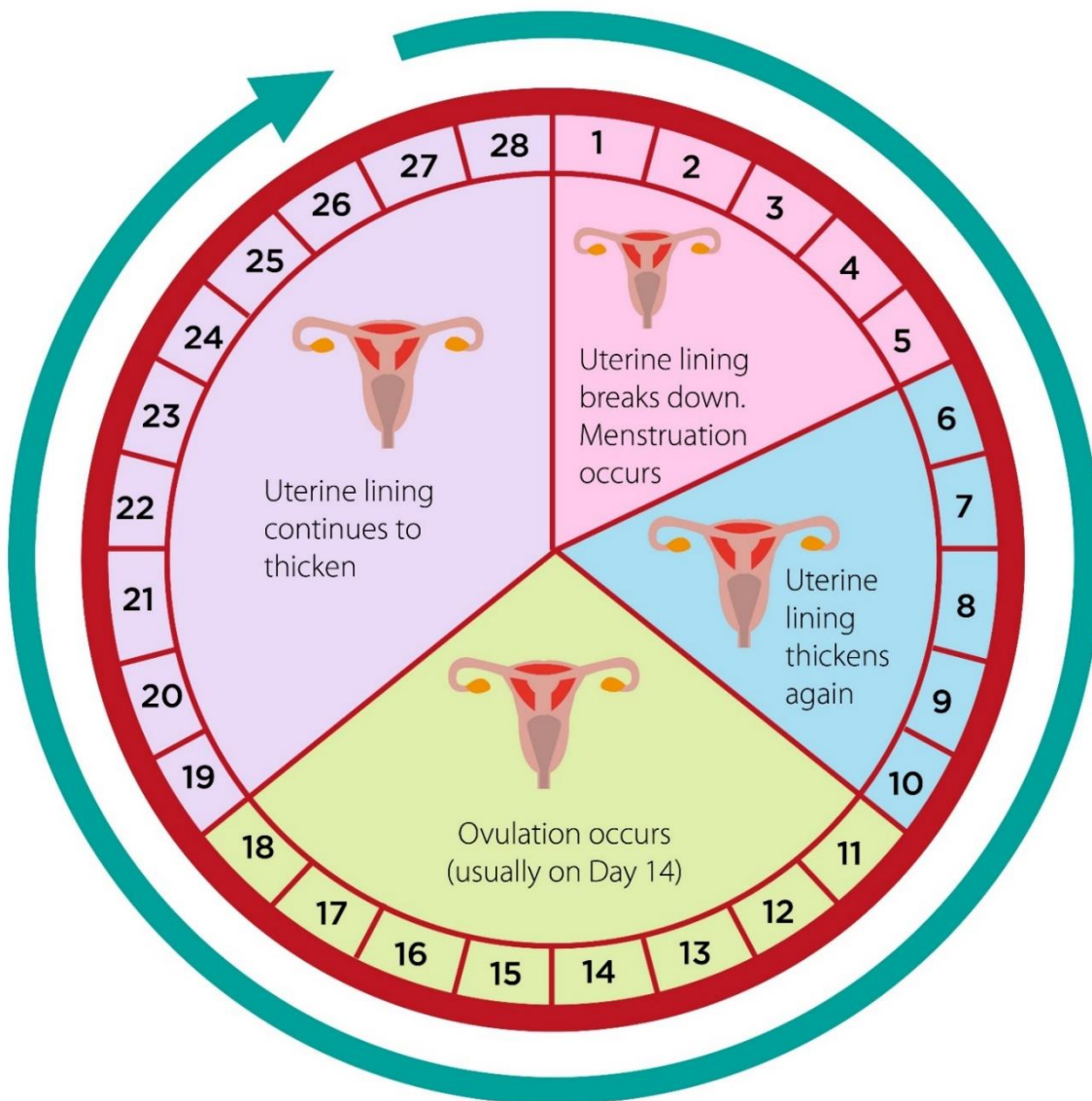
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This diagram shows an average menstrual cycle that is 28 days long. Cycles can vary in length from 21-35 days, or even 21-45 days in young people when they first start menstruating.

Put a circle around the time in the menstrual cycle when fertilization is most likely to occur.



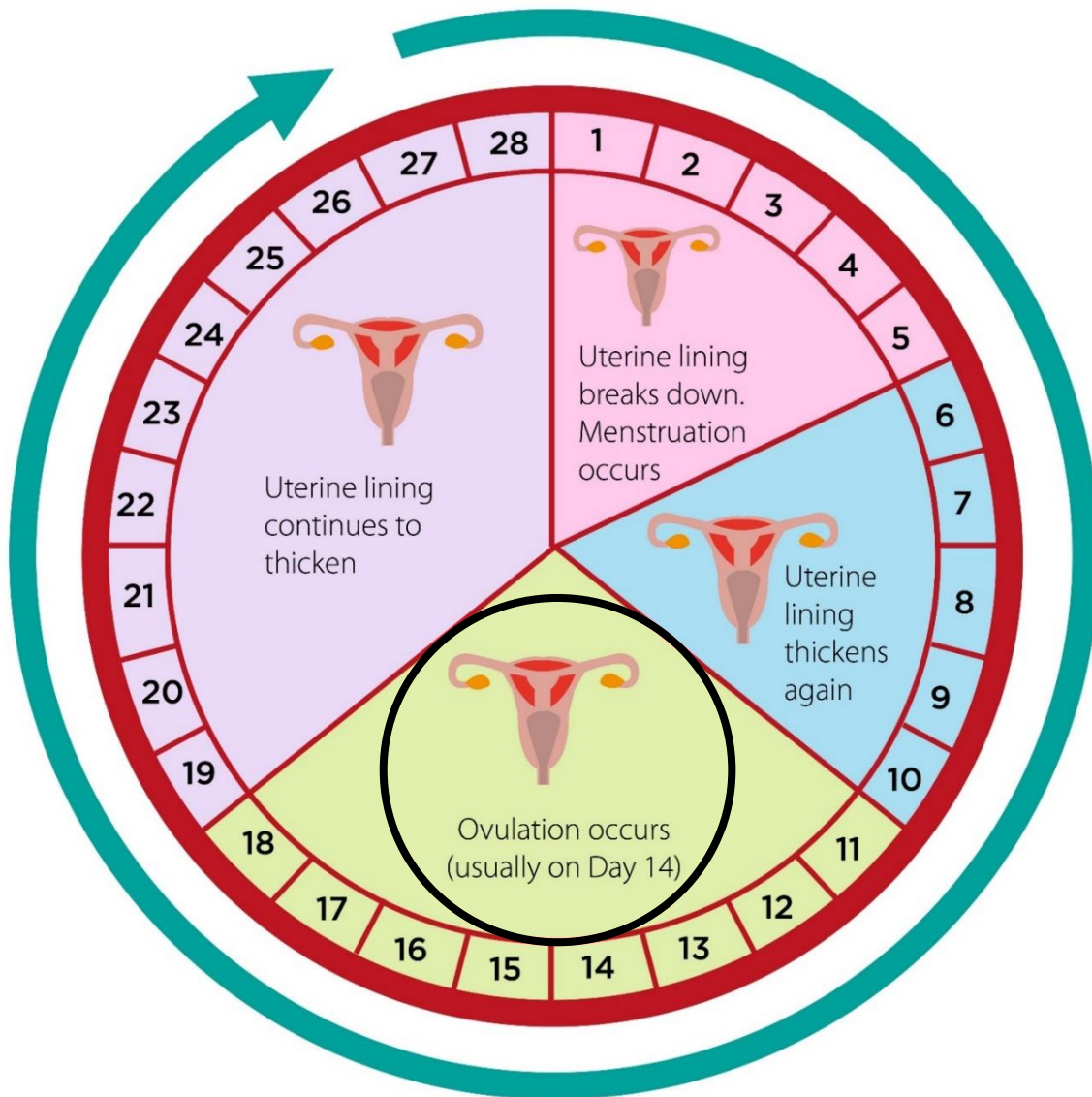
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Answer Key



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