

The menstrual cycle

- 1 The seven shapes at the bottom of the page represent the menstrual cycle. Cut them out and glue them into your book. Use Figure 2 on page 33 of your text book to help you sort out the sections into the proper order.

- 2 When you have glued all the bits correctly, mark the following things on your cut out:
 - a The uterus lining breaks down.
 - b The uterus lining remains thick.
 - c The uterus lining becomes thicker.
 - d Menstrual flow/loss of blood.
 - e The egg is released now.
 - f Fertilisation is most likely to happen now.

- 3 The length of the menstrual cycle varies from woman to woman, but on average it lasts 28 days.
 - a If Ms X starts to menstruate on the 1st of January when will her next period start?
 - b Ms Y starts her period on the 30th of January. When will her next period start?
 - c Ms Z has a cycle that lasts 26 days. If she starts her period on the 26th of November when will her next period start?

