

Cambridge Nationals

OCR Child Development



FOLD OVER TO TEST YOURSELF →→→→

Key Vocabulary	Definition
Conception	This occurs when the egg is fertilised by a sperm.
Fertility	A woman's ability to conceive a child and a man's to produce fertile sperm.
Menstruation Cycle	The process of ovulation over 28 days when women are fertile and have their periods.
Menopause	When a woman's periods stop. This transition normally happens between 45 – 55.
Ovulation	When an egg is released from one of the woman's ovaries.

Typical Exam Question – Paper 2024

Describe common signs and symptoms that may indicate a woman is pregnant.

Use the space below to create rough notes – use these notes to construct your answer.

Starter Sentence –

One common sign that a woman is pregnant is

Signs and symptoms of pregnancy:

- missed period
 - usually first sign of pregnancy
 - most reliable sign of pregnancy
- breast changes
 - breasts become larger
 - breasts become more tender
 - nipples may appear darker
 - nipples may stand out more
 - breasts may 'tingle'
 - veins on breasts may become more visible
- passing urine more frequently
- may be constipated
- may have increased vaginal discharge without irritation
- tiredness
 - may feel exhausted particularly during first 12 weeks of pregnancy
 - this is due to hormonal changes in body
 - may feel more emotional/upset
- nausea
 - may feel nauseous/sick or actually be sick
 - morning sickness but can happen anytime during the day
 - this symptom usually begins around 6 weeks after a pregnant woman's last period
- strange tastes/smells and cravings
 - strange taste in mouth/metallic taste
 - crave new foods
 - lose interest in foods and drinks used to enjoy e.g. tea/coffee/fatty foods
 - more sensitive sense of smell e.g. cooking smells
 - lose interest in smoking

Use the
indicative
content to mark

Task	Link to Resource
Watch the video and take notes	https://www.youtube.com/watch?v=xrMpCx5fR-w
Check your understanding using this quick quiz	https://create.kahoot.it/details/796ae31b-d520-4e85-9049-163402964837
Practise your exam technique	https://www.bbc.co.uk/bitesize/guides/z7vsqp3/revision/1

1. Can you list 5 factors affecting a woman's and man's preconception health?
2. Create flash cards – name one of the factors identified above on one side (Drugs) and write the gender specific consequences on the back – test yourself at random.