



Name: _____
Date Started: _____ Date Completed: _____ Score: _____

Learning Activity Sheet The Menstrual Cycle

A. Instructions: Read each item carefully. Circle the letter of the correct answer from the given choices.

1. A married woman should have her menstruation every third week of the month. She is two weeks delayed already. What can you infer in the situation?
A. maybe the egg cell is not fertilized
B. maybe the ovary does not ovulate
C. maybe she got pregnant
D. maybe the egg cell died
2. Which of the following is NOT a proper way of taking care of the reproductive system?
A. changing underwear as often as needed
B. having enough rest and exercise
C. eating too much salty foods
D. taking a bath every day
3. Which of the following is NOT a part of the menstrual cycle?
A. The uterus breaks and is shed with the unfertilized egg.
B. The lining of the uterus grows and thickens.
C. The ovaries release a mature egg cell.
D. The egg cell is fertilized
4. What phase occurs when the egg is not fertilized and the lining of the uterus sheds off and flows out the body in the form of blood?
A. fertilization B. Menstruation C. Ovulation D. reproduction
5. How often does an ovary release an egg cell?
A. once a week B. once a year C. once every 28 days D. once in 2 weeks

B. Instructions: Complete the sentences by filling in the missing correct terms. Choose the word/s inside the box.

menstruation	28 days	egg cell	blood vessels
ovary	fertilized	cervix	uterus

In the menstrual cycle, the (1) _____ releases an (2) _____ every (3) _____. When the egg is released, the (4) _____ prepares itself for a fertilized egg. A thick lining full of (5) _____ slowly develops. If the egg is not fertilized or fertilization does not take place, it passes out of the uterus together with the shed blood. The uterus lining will begin to break down and exit through the vagina. This process is called (6) _____, otherwise known as the “monthly period.”