



# Old Age: The Facts

## Reading Comprehension

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Which stage of human development is old age? \_\_\_\_\_

What causes the main physical changes during old age? \_\_\_\_\_

Name two changes in old age that occur for all humans:

1. \_\_\_\_\_

2. \_\_\_\_\_

Name two things you can do during your whole lifetime to ensure you are healthy when you are in old age?

1. \_\_\_\_\_

2. \_\_\_\_\_

'It is normal to go senile when you are older'. Do you agree or disagree with this statement? Give reasons to support your answer. (Include facts you learnt from the Old Age True or False Cards)

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What aspects of old age would you want to learn more about? Write these as questions (For example: why does sunburn cause wrinkles?)

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# Old Age: The Facts

## Reading Comprehension Answers

### YEAR 5 AND 6 READING OBJECTIVES COVERED IN GREEN.

Continue to read and discuss an increasingly wide range of fiction, poetry, plays, non-fiction and reference books or textbooks.

**Which stage of development is old age?** (Retrieve, record and present information from non-fiction.)

The last stage of human development.

**What causes the main physical changes during old age?** (Retrieve, record and present information from non-fiction.)

The fact that cells die and do not regenerate in the same way as when humans are younger.

**Name two changes in old age that occur for all humans:** (retrieve, record and present information from non-fiction).

Answers should include two of the following:

- Cells die and regenerate slowly
- Hearing decreases especially the ability to hear high pitched sounds.
- Lenses in the eyes stiffen, making it harder to focus.
- Older people need more light to be able to read.
- Skin becomes thinner and finely wrinkled.
- Nutrients are not absorbed as well
- Organs work less effectively.

**Name two things you can do during your whole lifetime to ensure you are healthy when you are in old age?** (Retrieve, record and present information from non-fiction.)

- Answers should include two of the following:
- Wear Sun Protection Creams
- Avoid sunburn
- Exercise regularly
- Be active
- Eat a healthy diet

**'It is normal to go senile when you are older'. Do you agree or disagree with this statement? Give reasons to support your answer.** (Provide reasoned justifications for their views.)

Children should disagree with this statement as at most one third of people over 70 suffer from some form of senility. The brain is still able to make connections and while older people may be slower to complete tasks they are still able to remember how to do them.

**What aspects of old age would you want to learn more about? Write these as questions (For example: why does sunburn cause wrinkles?)** (Ask questions to improve their understanding.)

Children should write questions that would help clarify their understanding. If they have already shown they understand the concept or idea then these questions are not appropriate to further develop their knowledge unless they ask a more specific question to a general one – e.g. 'does the brain make new connections?' would not support further development whereas 'why does the brain receive less chemicals?' would.