

Why is ovulation important?

How many ways can you come up with to explain why ovulation is important?

Remember, ovulation has a role to play in many different parts of your body!

Students can work in small groups. Students should be able to identify that:

1. Estrogen and progesterone are important for a woman's overall health.
2. Ovulation is a sign that both estrogen and progesterone are being produced in healthy levels in a woman's body.

Answers:

Estrogen has the effects of:

Toning and contracting the uterus

Growing the uterine lining

Developing the breasts

Forming the bones

Dilating the blood vessels

Stimulating brain cell growth

Promoting well being

Progesterone has the effects of:

Relaxing the uterus

Maintaining the uterine lining

Normalizing breast tissue

Maintaining bone growth

Relaxing the blood vessels

Maintaining and healing brain cells

Promoting sleep and relaxation

Possible combined answers:

1. For human reproduction to take place, ovulation must occur.
2. Bone growth and development
3. Breast growth and development
4. Skin balancing
5. Hair growth
6. Optic nerve development
7. Brain pathway development
8. Regulating mood