Mealworm (darkling beetle) Life Cycle Worksheet

Name: _____ Date: _____

1. Put the stages in order

Write 1, 2, 3... in the boxes to show the order of the mealworm (darkling beetle) life cycle.

☐	**Pupa** – The mealworm curls up into a pale, still pupa.
☐	**Egg** – A darkling beetle lays tiny eggs in grain or bran.
☐	**Adult** – A black darkling beetle comes out and lays eggs.
☐	**Larva** – Mealworms hatch and eat, molting many times.

2. Match the word to its meaning

Write the letter next to each word.

1. larva	A. the young, worm-like stage of some insects
2. pupa	B. shedding an old outer skin to grow bigger
3. molt	C. resting stage where a larva changes into an adult

3. Draw and label

Draw your favourite stage of the mealworm (darkling beetle) life cycle and label it.

4. Explain

What happens between the first and last stage?

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Answer key

Correct order

Egg → Larva → Pupa → Adult

Word match

1–A, 2–C, 3–B

Try this activity

Keep mealworms in a tub of oats with a slice of carrot. Observe weekly for several months and record each stage. Mealworms are safe to handle gently; wash hands after.

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