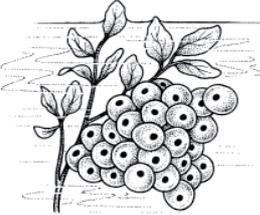
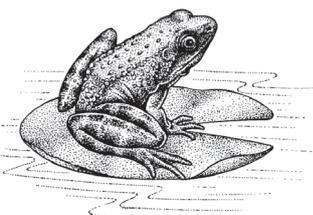


From spawn to frog

	<p>1. Common frogs spend most of their adult lives on land. Between January and March they go to shallow ponds to spawn.</p>
	<p>2. For one to two weeks the tadpole will feed on nutrients in the egg. Inside the eggs, the tadpole grows a tail and external gills (that look a bit like fans) so it can breathe underwater. After two weeks the tadpole swims freely, feeding on algae.</p>
	<p>3. After four weeks the external gills are absorbed and internal gills are used.</p>
	<p>4. Between five and eight weeks tadpoles develop tiny legs. Their heads become more distinct. They also begin to feed on small insects. A bulge appears on either side of their tails from which the back legs develop.</p>
	<p>5. Between 10 and 12 weeks the tadpole develops front legs. The tadpole now looks more like a frog and slowly the tail shrinks.</p>
	<p>6. At 12 to 16 weeks, depending on available food and water temperature, the frog is fully developed. Adult frogs spend most of their lives out of the water in damp areas, eating insects and small animals. Adult frogs go back to the water to breed. Most frogs live between three to four years. Some frogs live as long as 10 or 11 years. Hibernation forms a large part of the frog's yearly cycle – beginning in October and ending in January/February.</p>