

Okay, here's a day-wise teaching plan for the chapter "Reaching the Age of Adolescence", based on the provided topics and a user-specified number of days.

Input:

- Chapter: REACHING THE AGE OF ADOLESCENCE
- Topics: [List from above]
- Total Days: 5

Output:

**\*\*Day 1: Introduction to Adolescence and Puberty\*\***

Topic	Sub-Topic	Estimated Duration	Activities
Adolescence and Puberty	Adolescence and Puberty	45 mins	Discussion on changes during adolescence, reading relevant paragraphs.
Changes at Puberty	Increase in Height	45 mins	Understanding height changes with chart activity.

**\*\*Day 2: Physical Changes at Puberty\*\***

Topic	Sub-Topic	Estimated Duration	Activities
Changes at Puberty	Change in Body Shape	30 mins	Discussion on body shape changes.
Changes at Puberty	Voice Change	30 mins	Explaining voice change and Adam's apple.

| Changes at Puberty | Increased Activity of Sweat and Sebaceous Glands | 30 mins |

Explanation of increased sweat and oil glands activity. |

**\*\*Day 3: Maturation and Hormonal Control\*\***

Topic	Sub-Topic	Estimated Duration	Activities
Changes at Puberty	Development of Sex Organs	30 mins	
Discussion of the development of sex organs.			
Changes at Puberty	Reaching Mental, Intellectual and Emotional Maturity	30 mins	
Discussion on mental, intellectual and emotional changes.			
Secondary Sexual Characters	Secondary Sexual Characters	30 mins	
Defining and explaining secondary sexual characters.			

**\*\*Day 4: Hormonal Roles and Reproduction\*\***

Topic	Sub-Topic	Estimated Duration	Activities
Role of Hormones in Initiating Reproductive Function	Role of Hormones in Initiating Reproductive Function	45 mins	
Discussion on the role of hormones, endocrine glands, and target sites; explain the role of pituitary.			
Reproductive Phase of Life in Humans	Reproductive Phase of Life in Humans	45 mins	
Explanation of reproductive phases in males and females, menstruation,			

menarche, and menopause. |

**\*\*Day 5: Sex Determination, Other Hormones & Health\*\***

Topic	Sub-Topic	Estimated Duration	Activities
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How is the Sex of the Baby Determined?   How is the Sex of the Baby Determined?   30 mins			
Explain sex chromosomes (X and Y) and the process of sex determination. Address common misconceptions.			
Hormones other than Sex Hormones   Hormones other than Sex Hormones   30 mins			
Discuss thyroid, pancreas, adrenal glands, and their hormones. Goitre and diabetes examples.			
Reproductive Health   All Sub-topics   30 mins   Cover nutritional needs, personal hygiene, physical exercise, dangers of drugs, adolescent pregnancy, and debunk myths.			
Review & Exercise   All     Review the entire chapter. Go through the exercise questions, assign some for homework.			