



Page No: 124

### Exercise

1. What is the term used for secretions of endocrine glands responsible for changes taking place in the body?

Answer:

Hormones are chemical substances which are secreted by endocrine glands. They are responsible for changes taking place in the body.

2. Define adolescence.

Answer:

Adolescence is the period of life, when the body undergoes changes, leading to reproductive maturity. It begins around the age of 11 and lasts till 18 or 19 years of age. The period of adolescence may vary from person to person.

3. What is menstruation? Explain.

Answer:

Menstruation is the process of the shedding of the uterine lining on a regular monthly basis in woman. During menstruation the uterus wall along with blood vessels break off. This causes blood to come out and a new wall of uterus is formed. Menstruation lasts generally lasts for 4 to 5 days.

4. List changes in the body that take place at puberty.

Answer:

Changes at puberty:

1. Sudden increase in height and weight.
2. Broadening of shoulders and widening of chest in boys. In girls, the region below waist becomes wider.
3. In boys, under the influence of hormones, the larynx becomes prominent, the vocal cords become longer and thicker. These changes cause the voice to become hoarse.
4. Appearance of hair in areas such as underarms, face, hands, and legs.
5. Appearance of acne as a result of excessive secretion of oil from skin.
6. Testis grows and starts producing sperms in males, whereas in females, the ovary enlarges and starts producing matured eggs.

5. Prepare a table having two columns depicting names of endocrine glands and hormones secreted by them.

Answer:

Endocrine gland	Hormones
Testis	Testosterone

Ovary	Oestrogen
Thyroid	Thyroxin
Adrenal	Adrenalin
Pancreas	Insulin
Pituitary	Growth hormone

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