

Reaching the Age of Adolescence

Q1: The period of life when the body undergoes changes, is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Answer: adolescence

Q2: What is the age range of adolescence?

Answer: 11 years to 19 years

Q3: boys and girls became capable of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the onset of puberty.

Answer: Reproduction

Q4: Height of human beings depends on \_\_\_\_\_\_\_\_\_\_ inherited from parents.

Answer: Genes

Q5: What changes occur in body shape of boys in adolescence?

Answer: Broader shoulder and wider chests.

Q6: What is Adam's apple?

Answer: Large voice box in boys is known as adam's apple.

Q7: Which gland is responsible for causing acne and pimples?

Answer: Sweat and sebaceous glands

Q8: Name the sex organ of male and female.

Answer: Male: testes, female: ovaries

Q9: Name the secondary sexual characters of female.

Answer: Hair grows under the arms and in the pubic region, development of breast.

Q10: Which gland secretes hormones?

Answer: Endocrine gland

Q11: which female hormone is released by ovary onset of puberty?

Answer: Estrogen

Q12: Which male hormone released by testes onset of puberty.

Answer: Testosterone

Q13: master gland which is responsible for secretion of estrogen and testosterone hormone is.

Answer: Pituitary gland.

Q14: Menstruation occurs once in \_\_\_\_\_\_\_\_\_\_ days.

Answer: 28 to 30

Q15: what is menarche?

Answer: The first menstrual cycle, bleeding in females.

Q16: Stoppage of menstruation is termed as\_\_\_\_\_\_\_\_\_.

Answer: Menopause

Q17: Tick the correct answer.

Bleeding in women in about 28 to 30 days is

Menarche

Menopause

Menstruation

All of the above

Answer: menstruation

Q18: Reproductive life of a female last from \_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Answer: Menarche to menopause.

Q19: where are chromosomes located in the cell?

Answer: Inside the nucleus of cell.

Q20: Name the two sex chromosomes.

Answer: X and Y chromosomes.

Q21: Sex chromosome of father determines the sex of unborn baby. True/False

Answer: true

Q22: Name endocrine gland in human body.

Answer: Pituitary gland, thyroid gland, adrenal gland, pancreas, ovary, and testes

Q23: which hormone causes goiter.

Answer: Thyroxin

Q24: which hormone is responsible for causing diabetes?

Answer: Insulin

Q25: which hormone maintains the correct salt balance in the blood?

Answer: Adrenalin

Q26: Which gland produce insulin and adrenalin hormone.

Answer: Insulin is produced by pancreas and

Adrenalin is produced by adrenal gland.

Q27: Growth hormone is secreted by which gland?

Answer: Pituitary gland

Q28: The physical and mental well-being of an individual is called an individual’s

Health

Disorder

Growth

None of these

Answer: Health

Q29: Metamorphosis in insects is controlled by which hormone?

Answer: Insect

Q30: Metamorphosis in frog is controlled by which hormone?

View Answer: Thyroxin

Q31: It is important to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and maintain \_\_\_\_\_\_\_\_\_\_\_\_\_hygiene during adolescence.

Answer: Balanced diet and physical

Q32: The right meal for adolescents consist of

Rice noodles and burger

Rice, dal and Burger

Chapattis, dal and vegetables

Chapattis, chips and pizza

Answer: Chapattis, dal and vegetables