

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

7. Choose the correct option.

(a) Adolescents should be careful about what they eat, because

- (i) proper diet develops their brains.
- (ii) proper diet is needed for the rapid growth taking place in their body.
- (iii) adolescents feel hungry all the time.
- (iv) taste buds are well developed in teenagers.

(b) Reproductive age in women starts when their

- (i) menstruation starts.
- (ii) breasts start developing.
- (iii) body weight increases.
- (iv) height increases.

(c) The right meal for adolescents consists of

- (i) chips, noodles, coke.
- (ii) *chapati*, *dal*, vegetables.
- (iii) rice, noodles and burger.
- (iv) vegetable cutlets, chips and lemon drink.

8. Write notes on—

(a) Adam's apple.

7. Unscramble the underlined words in the following sentences.
- (a) Reproductive life of a woman lasts from hacreemn to spauoemen.
 - (b) The development of a caterpillar to an adult butterfly is termed as poommertaissh.
 - (c) The overgrowth of sumselc in xalnyr leads to the hoarse voice in adolescent boys.
 - (d) Dannalier helps the body to adjust and fight the stress.
8. Complete the following sentences.
- (a) In females, the uterine wall thickens to receive the _____.
 - (b) Endocrine glands release hormones directly into _____ for transportation to the _____.
 - (c) The sex hormones, _____ and estrogen are responsible for the development of _____ characters.
 - (d) Release of sex hormones is under the control of a hormone secreted from the _____.

17. Read the statements given below and fill up the blanks with the correct words listed in the box.

deep, ductless, nutrients, thyroxine

- (a) The meal that includes all _____ is a balanced diet.
- (b) Insufficient production of _____ in the tadpoles leads to their incomplete development.
- (c) Endocrine glands are also called _____ glands.
- (d) After attaining puberty boys develop a _____ voice.

15. We should avoid taking medicines/drugs unless prescribed by a doctor. Give reasons.