

**BAL BHARATI PUBLIC SCHOOL
SIR GANGARAM HOSPITAL MARG
SUMMATIVE ASSESSMENT No.2**

Class-8

ASSIGNMENT NO. 14

Chapter-10 Adolescence

Q.1 Define the following:

- i) adolescence ii) hormones iii) puberty iv) endocrine glands
v) target site vi) chromosomes vii) Menstruation viii) Menarche ix) Menopause

Q.2 Mention the age group for adolescence. Why this period is also called as teenager period?

Q.3 What stage of growth marks the cessation of puberty?

Q.4 Mention some changes that take place in an individual during puberty?

Q.6 At what age human beings attain full height?

Q.7 Comment on the pattern of growth in human beings during puberty.

Q.8 How does intake balanced diet affect the growth of an individual during puberty?

Q.9 What are the differences noticed between the growth patterns of boys and girls at the stage of puberty?

Q.10 What is Adam's apple?

Q.11 How is the voice of girls different than that of the boys and why?

Q.12 What are sebaceous glands? How are these glands affected during puberty?

Q.13 What are the changes that take place in the reproductive organs of the boys and girls during puberty?

Q.14 Mention the intellectual and emotional changes that take place in an individual during puberty?

Q.15 What do you mean by secondary sexual characteristics? Mention a few of them.

Q.16 Name the hormone secreted by testes and ovaries.

Q.17 Mention the changes that take place in the endocrine glands of male and female human beings.

Q.18 Name the endocrine gland which controls the secretions from other glands.

Q.19 What role do hormones play in the onset of puberty?

Q.20 Write the main characteristic features of menstrual cycle?

Q.21 Mention the changes that take place in the uterus if it receives an unfertilised egg from the fallopian tube?

Q.22 Explain how the sex of an individual is determined?

Q.23 Draw a neat diagram to show the location of various endocrine glands in our body.

Q.24 What is adrenalin? What is its function?

Q.25 Why should we plan the diet of an adolescent with great care?

Q.26 Why should a teenager be highly careful about the cleanliness of his/her body?

Q.27 Fill in the blanks:

- a) Adolescents become capable of reproduction when their ----- and ----- begin to produce gametes

- b) In human females the reproductive phase of life begins at----- and lasts till the age of----- years.
- c) ----- no. of chromosomes are present in the human gametes
- d) ----- and----- are sex chromosomes.
- e) An ovum has -----sex chromosome while a sperm has -----sex chromosome.
- f) The gametes possess only ----- set of chromosomes.
- g) Human sperms are of ----- types as they carry either -----or----- sex chromosomes.
- h) ----- glands maintain salt balance in the body.
- i) Adrenalin is secreted from the ----- gland. Growth hormone is secreted from the ----- gland.
- j) The change from larva to adult is called-----
- k) Deficiency of -----mineral leads to goiter.
- l) ----- are considered to be protective foods.

Hots and values based -

1. Mrs . Ramesh does not use iodised salt in the food she cooks at home .Mr. Ramesh suggested her to
use iodised salt to keep good health of the family.
What values are associated with such suggestion.
2. Rahul goes to gym for a workout everyday. How is it values in his life.
3. Anmol lives near a pond . He always notices tadpoles in the water but no frogs .
What do you think is the reason?