

REACHING THE AGE OF ADOLESCENCE

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<1M>

1. Why should teenagers take a bath at least once everyday?
2. What are chromosomes?
3. What is the period of adolescence?
4. What do you understand by the term adolescence?
5. When does the puberty end?
6. What causes increase in height of the person during puberty?
7. Why is it necessary to eat right kind of food during the growing years?
8. What is the other name for voice box in males?
9. Why does the voice of boys become hoarse during the age of adolescence?
10. How many pairs of chromosomes are there in the cells of human beings?
11. What determines the sex of an unborn baby?
12. Why is iron necessary for the body?
13. Name the male and female hormones that are secreted at the onset of puberty
14. What is the function of mammary glands?
15. Name the gland whose secretion control the secretion of sex hormones.
16. Name the hormone that causes metamorphosis in frogs.
17. What will be the sex of the individual with sex chromosomes as XY?
18. What is the period of reproductive phase in females?
19. There are ____ pairs of chromosomes in human cells
(A) 21 (B) 22 (C) 23 (D) 24
20. End of menstruation is called:
(A) Puberty (B) Menarche (C) Menopause (D) Adolescence
21. Adolescence begins around the age of:
(A) 8-9 years (B) 11-12 years (C) 13-14 years (D) 15-16 years
22. Adolescence lasts upto the age of:
(A) 18-19 years (B) 21-22 years (C) 23-24 years (D) 25-26 years
23. Organs that secrete Estrogen are:
(A) Testes (B) Ovaries (C) Pituitary (D) Adrenals
24. After puberty, boys and girls become capable of:
(A) Respiration (B) Marriage (C) Reproduction (D) Moving out
25. Percentage of full height at the age of 15 years in girls is:
(A) 90% (B) 95% (C) 98% (D) 99%

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26. Which of the following statement is true?

- (A) Growth rate is same in all the individuals. (B) Height depends on genes inherited from parents.
(C) Growth takes place after the stage of adolescence (D) All of the above

27. Which of the following statement is false?

- (A) Drugs are addictive. (B) Drugs harm our body.
(C) Drugs ruin health and happiness. (D) Everyone should take drugs to get relief.

28. Voice boxes in boys are:

- (A) Larger than voice boxes in females (B) Smaller than voice boxes in girls
(C) Equal in size to the voice box of girls (D) None of the above

29. Voice of girls is:

- (A) Deep (B) High-pitched
(C) Low-pitched (D) Both (a) and (c)

30. Sebaceous glands secrete:

- (A) Sweat (B) Oily secretion (C) Hormones (D) All of the above

31. Male sex organs are:

- (A) Testes and Penis (B) Ovaries and Fallopian tube (C) Testes and ovaries (D) Testes and Fallopian tube

32. Gametes are produced by:

- (A) Testes (B) Ovaries (C) Both (a) and (b) (D) None of the above

33. Development of facial hair is a:

- (A) Primary sexual character (B) Secondary sexual character
(C) Both (a) and (b) (D) None of the above

34. Chemical substances that control changes during adolescence are:

- (A) Glands (B) Sweat (C) Oily secretions (D) Hormones

35. Legal age of marriage for girls in India is:

- (A) 17 years (B) 18 years (C) 20 years (D) 21 years

36. Legal age of marriage for boys in India is:

- (A) 17 years (B) 18 years (C) 20 years (D) 21 years

37. Virus that causes AIDS is:

- (A) HVV (B) HIV (C) IHV (D) HAV

38. Which of the following is true?

- (A) AIDS is transmitted through physical contact. (B) AIDS is transmitted through food.
(C) AIDS is transmitted through sexual contact. (D) AIDS is transmitted through water.

39. Gland that controls the secretions of other glands is:

- (A) Pancreas (B) Testes (C) Adrenal (D) Pituitary

40. Diabetes is caused due to decreased secretion of:

- (A) Growth hormone (B) Adrenalin (C) Insulin (D) Thyroxin

41. Age of menopause is:

- (A) 11-12 years (B) 18-19 years (C) 45-50 years (D) 55-60 years

42. In insects, insect hormones control:

- (A) Reproduction (B) Nutrition (C) Respiration (D) Metamorphosis

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43. Glands that secrete milk are:

- (A) Testes (B) Pituitary gland (C) Mammary glands (D) Ovaries

44. Infants get their complete nourishment from:

- (A) Mother's milk (B) Cow's milk (C) Baby food (D) Water

45. Cleanliness is necessary to prevent from:

- (A) Dust (B) Bacterial infection (C) Sexual diseases (D) All of these

46. Hormone that controls development of sperms in testes is:

- (A) Testosterone (B) Estrogen (C) Adrenalin (D) Insulin

47. Secretions of endocrine glands are called:

- (A) Hormones (B) Sweat (C) Oily secretions (D) None of the above

48. Endocrine glands are also called:

- (A) Secretory glands (B) Sweat glands (C) Sebaceous glands (D) Ductless glands

49. Start of menstruation is called:

- (A) Puberty (B) Menarche (C) Menopause (D) Adolescence

50. An individual with XX sex chromosomes is a:

- (A) Male (B) Female (C) Both (a) and (b) (D) None of the above

51. Menstruation occurs in:

- (A) Males (B) Females (C) Both (a) and (b) (D) None of the above

52. Number of Y chromosomes in female is/are:

- (A) One (B) Two (C) Three (D) None

53. Hormone that maintains balance of salt in humans is:

- (A) Insulin (B) Testosterone (C) Estrogen (D) Adrenalin

54. Change of larva into adult is called:

- (A) Metamorphosis (B) Puberty (C) Adolescence (D) Menstruation

55. Thyroxin helps in metamorphosis in:

- (A) Silkworm (B) Frog (C) Humans (D) None of the above

56. Which of the following is not a source of iron?

- (A) Spinach (B) Jaggery (C) Meat (D) Butter

57. Which food is a balanced diet in itself?

- (A) Cereals (B) Milk (C) Dal (D) None of the above

58. Number of set of chromosomes in gametes is/are:

- (A) One (B) Two (C) Three (D) None

59. What is menstruation?

60. Why endocrine glands are called ductless glands?

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61. What are the differences between menarche and menopause?

62. A girl is 13 years old and 135 cm tall. At the end of growth period how much tall will she be?

63. What is the difference between the voice of a girl and a boy? Why this happens?

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64. What is the importance of adrenal glands in humans?
65. Write the causes of:
(a) Diabetes (B) Goiter
66. What mental changes occur during puberty?
67. Why a girl should not become pregnant during teenage?
68. Why young people get acne and pimples during puberty?
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69. What health measures should be taken to maintain good reproductive health?
70. Explain the process of menstruation.
71. Draw a schematic diagram to show how sex is determined in humans
72. What are the sources of: (a) Iron (b) Proteins (c) Carbohydrates?
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73. Write any five hormones along with their roles.
74. What is AIDS? Write three ways by which it is transmitted?
75. What are secondary sexual characters? Name two secondary sexual characters of each, girls and boys.