



BIOLOGY

BOOKS - LAKHMIR SINGH & MANJIT KAUR

REACHING THE AGE OF ADOLESCENCE

Exercise

1. What is the special name of the period of life between childhood and adulthood ?



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2. Name the another term for 'adolescents'.



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3. State the age at which adolescence usually begins and the age up to which it lasts.



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4. Which is the most conspicuous change (clearly visible change) in boys and girls during puberty ?



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5. How does the height of boys and girl change during puberty ?



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6. Name one factor on which the height of a person depends.



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7. A nine year old boy is 120 cm tall. If the present height of the boy is 75% of his full height, calculate the full height which the boy will eventually reach at the end of growth period.

A. 160 cm

B. 170 cm

C. 180 cm

D. 190 cm

Answer: A



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8. How do shoulders and chest change in boys during puberty ?



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9. How do hips of girls change during puberty ?



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10. What is the other name of 'voice box' ?



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11. Which of the two have a smaller voice box :
grown up boys or grown up girls ?



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12. What is the common name of the bulge (or projection) at the front of throat in grown up boys ?



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13. What substance is secreted by sebaceous glands ?



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14. Name the time period in one's life when the brain has the greatest capacity for learning.



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15. Name two glands present in the skin whose increased activity causes pimples and acne.



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16. What name is given to those sexual characteristics in humans :

Which are present in babies at birth ?



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17. What name is given to those sexual characteristics in humans :

which develop in mature boys and girls ?



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18. Which of the following acts as endocrine gland as well as an exocrine gland?



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19. What is the other name of ductless glands ?



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



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21. The female sex hormone is



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22. Name the following : The male sex hormone _____



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23. Hormone responsible for the development of secondary sexual characters of female is



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24. Which of the following is a secondary sexual characteristic of a boy?



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25. State the function of male sex hormone 'testosterone' .



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26. Name the endocrine gland which controls the production of sex hormones 'testosterone' and 'estrogen'.



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27. What is the name of the process in which thickened uterus lining alongwith blood vessels is removed from the body of a human female through vaginal bleeding ?

A. Menstruation

B. Menarche

C. Menopause

D. Puberty

Answer: A



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28. Which comes earlier in the life of a woman
: menarche or menopause ?



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29. Around which age menarche occurs in girls ?



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30. Menopause occurs in females at the age of



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31. State one situation (other than menopause) when ovulation and

menstruation stop in a woman.



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32. Which of the two has a shorter reproductive phase of life : men or women ?



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33. Which of the following combinations of sex chromosomes produce a male child : XX or XY ?



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34. Which of the two, sperm or ovum, decides the sex of the child ?



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35. What is the legal age for the marriage of boys, in our country ?



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36. What is the legal age for the marriage of girls, in our country ?



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37. Name the natural balanced food for infants.



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38. During which time the adolescent girls should take special care of personal hygiene ?



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39. Write the full name of AIDS.

- A. Acquired Immuno Deficiency Syndrome
- B. Adapted Immune Deficiency Syndrome
- C. Acquired Amino Deficiency Syndrome
- D. Adapted Amino Deficiency Syndrome

Answer: A



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40. What is full form of HIV?



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41. Write the name of the virus which causes AIDS disease.



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42. Name the endocrine gland attached to the base of brain.



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43. Name the substance which needed continuously by thyroid gland to make thyroxine hormone.



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44. State the main symptom of goitre.



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45. Name the hormone whose deficiency in body causes goitre.



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46. Name a compound gland which secretes hormone insulin.



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47. Name the disease caused by the insufficient production of insulin hormone by pancreas.



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48. Name the hormone which prepares our body for action to face emergency situations like danger, fear, anger or excitement.





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49. Name the endocrine gland which secretes hormone that maintains correct salt balance in the blood.



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50. Name the hormone (other than adrenalin) secreted by adrenals.



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51. Name the hormone whose deficiency causes diabetes.



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52. Name the hormone which is required for the metamorphosis of larve (tadpoles) into adult frogs.



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53. Name the hormone which brings about metamorphosis in silk moth and changes caterpillar (larva) into adult silk moth.



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54. State whether the following statements are true or false : The estrogen hormone develops deeper voice in males at puberty.



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55. State whether the following statements are true or false :Menstruation stops in men permanently around the age of 45 to 50 years.



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56. State whether the following statements are true or false : Man (father) is responsible for the sex of the baby.



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57. State whether the following statements are true or false :The sex chromosomes in all the gametes (sperms) of a man are not identical.



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58. State whether the following statements are true or false :Half the female gametes contain X chromosomes and the other half contain Y chromosomes.



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59. State whether the following statements are true or false :It is the sperm which determines the sex of a child.



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60. State whether the following statements are true or false : Each normal cell in our body contains 23 chromosomes.



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61. State whether the following statements are true or false : A girl should not be allowed to work in the kitchen during menstruation.



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62. State whether the following statements are true or false : A women (mother) is responsible for the sex of her child.



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63. State whether the following statements are true or false : Metamorphosis in insects (like silk moth) is brought about by thyroxine hormone.



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64. Fill in the following blanks with suitable words :
sexual maturity is reached at



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65. Fill in the following blanks with suitable words :

The changes which occur in boys and girls at puberty are brought about by various



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66. Fill in the following blanks with suitable words :

Initially , girls growthan boys.

A. Slower

B. Faster

C. Equally

D. Growth does not occur

Answer: B



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67. Fill in the following blanks with suitable words :

The changes occurring in body and mind

during adolescence are a natural part of
..... Up.



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68. Fill in the following blanks with suitable words :

The features which help us to distinguish between a mature boy and a girl are called sexual characteristics.

A. Primary

B. Secondary

C. Tertiary

D. Quaternary

Answer: B



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69. Fill in the following blanks with suitable words :

The onset of puberty is controlled by



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70. Fill in the following blanks with suitable words :

Menstrual cycle in women is controlled by
.....



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71. Fill in the following blanks with suitable words :

Each normal body cell in humans

contains.....pairs of chromosomes
out whichpair is of sex chromosomes.



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72. Fill in the following blanks with suitable words :

X and Y chromosomes are
called.....chromosomes.



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73. Fill in the following blanks with suitable words :

Early marriage and motherhood cause health problems in theand the.....



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74. Fill in the following blanks with suitable words :

The protective foods areand.....



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75. Fill in the following blanks with suitable words :

Thyroid and adrenals secrete their hormones when they receive instructions from.....gland through its hormones.



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76. Fill in the following blanks with suitable words :

Metamorphosis in amphibians is brought about by hormone.



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77. Define adolescence.



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78. List the similar changes taking place in both boys and girls during adolescence.



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79. What is puberty ? Who attains puberty at an earlier age in human beings : male (boy) or female (girl)



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80. Write two changes that happen during puberty to : both boys and girls



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81. Write two changes that happen during puberty to : boys only



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82. Write two changes that happen during puberty to : girls only.



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83. State two ways in which the body shape of boys changes during puberty.



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84. State two ways in which the body shape of girls changes during puberty.



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85. State one change in the body shape of grown up boys and one change in the body shape of grown up girls which makes them look different.



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86. What is the effect of a larger voice box in grown up boys ?



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87. What is the effect of a smaller voice box in grown up girls ?



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88. What is Adam's apple?



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89. Which of the two usually have an Adam's Apple : grown up boys or grown up girls ?





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90. What change in the voice of boys takes place when they reach puberty ? What is the cause of this change ?



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91. Name two male sex organs and two female sex organs which develop completely at puberty.



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92. Name two things which may develop on the face of adolescent boys and girls during puberty due to the increased activity of sebaceous glands and sweat glands in the skin.



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93. State two secondary sexual characteristics in mature boys and two in mature girls.



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94. Which of the following are secondary sexual characteristics ?

Ovaries, Moustache, Penis, Broad hips, Vagina, Beard, Breasts, Adam's Apple, Wide shoulders, Uterus, Testes, Deeper voice.



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95. Which of the following are endocrine glands?

Salivary gland, Thyroid gland, Adrenal gland,

Sweat gland, Pituitary gland, Sebaceous gland
(Oil gland)



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96. What name is given to the onset of menstruation in human females (or girls) ? At what age does this occur ?



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97. What name is given to the permanent stoppage of menstruation in woman ? At what age does this occur ?



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98. Who is responsible for the sex of the unborn child : father or mother ? Why ?



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99. What will be the sex of the child born :
if X chromosome carrying sperm fuses with
an egg cell carrying X chromosome ?



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100. What will be the sex of the child born :
if Y chromosome carrying sperm fertilises an
ovum containing X chromosome ?



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101. What are hormones ?



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102. Where are hormones made in the human body?



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103. What are sex hormones ?



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104. Name two sex hormones.



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105. Define menarche.



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106. Define menopause.



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107. What is menstruation ? Explain.



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108. What are the sex chromosomes ?



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109. Name the two types of sex chromosomes



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110. Explain how sex is determined in the unborn baby.



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111. What are the various ways in which AIDS virus (HIV) can be transmitted ?



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112. Explain how, the use of drugs helps in spreading AIDS disease.



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113. State the harmful effects of taking drugs.



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114. Name one hormone secreted by pituitary gland. State the function of this hormone.



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115. Explain why, people are advised to use iodised salt in cooking food.



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116. What is goitre ?



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117. What cause goitre ?



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118. Which hormone lowers the blood sugar in humans ?



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119. Which gland secretes insulin hormone responsible to lower blood sugar level.



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120. Name the hormone secreted by pancreas. What is the function of this hormone ?



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121. What is the main function of adrenaline hormone in the body ?



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122. Name six endocrine glands in the human body. Also name the hormones secreted by each one of these glands.



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123. Where are the following glands located in the human body ?

Pituitary



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124. Where are the following glands located in the human body ?

Thyroid



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125. Where are the following glands located in the human body ?

Pancreas



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126. Where are the following glands located in the human body ?

Adrenals



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127. What will happen if the water in which tadpoles are growing does not contain sufficient iodine ?



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128. What is acne ?



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129. What are pimples ?



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130. How are pimples formed ?



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131. Name two food items each which provide mainly : carbohydrates for energy



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132. Name two food items each which provide mainly : fats for energy



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133. Name two food items each which provide mainly : proteins for growth



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134. Name two food items each which provide mainly : vitamins and minerals for good health



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135. Why is iron mineral needed by our body ?



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136. Name some of the iron-rich foods.



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137. State any two practices which can be adopted by adolescents to maintain personal hygiene.



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138. Why is it more necessary for adolescents to take bath regularly (at least once everyday)



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139. What will happen if personal hygiene (cleanliness of body) is not maintained by adolescents ?



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140. State the various ways in which early marriage and motherhood is harmful to the girls.



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141. What change take place in boys during puberty ?



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142. What change take place in girls during puberty ?



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143. What is meant by the 'primary sexual characteristics' in human ?



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144. State two primary sexual characteristics in boys and two in girls.



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145. What is meant by 'secondary sexual characteristics' in human ? Explain with the help of two examples.



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146. Describe menstrual cycle .



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147. What is the duration of menstrual cycle in women ?



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148. What is an exocrine gland ?



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149. Name two exocrine glands.



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150. What is an endocrine gland ?



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151. Name two endocrine glands.



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152. What is meant by 'reproductive health' ?



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153. State the conditions necessary to maintain good reproductive health during adolescence.



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154. Reproductive age in women starts when their :

- A. menstruation starts
- B. breasts start developing
- C. body weight increases
- D. hight increases

Answer: A



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155. Sex of a human child is determined by

A. the presence of an X chromosome in egg
(or ovum).

B. the presence of a Y chromosome in
sperm.

C. the age of father and mother.

D. the length of the mother's pregnancy.

Answer: B



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156. What is the legal age for the marriage of boys, in our country ?

A. 16 years

B. 18 years

C. 21 years

D. 24 years

Answer: C



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157. What is the legal age for the marriage of girls, in our country ?

A. 16 years

B. 18 years

C. 21 years

D. 24 years

Answer: B



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158. The right meal for adolescents consists of:

A. chips, noodles, coke

B. chapati, dal, vegetables

C. rice, noodles and burger

D. vegetable cutlets, chips, and lemon
drink.

Answer: chapati, dal, vegetables



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159. Adolescence should be careful about what they eat, because

A. proper diet develops their brains.

B. proper diet is needed for the rapid growth taking place in their body.

C. adolescents feel hungry all the time.

D. taste buds are well developed in teenagers.

Answer: B



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160. AIDS is caused by:

A. bacteria

B. virus

C. worms

D. protozoa

Answer: virus



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161. Which of the following human disease can be prevented by the same hormone which brings about metamorphosis in frogs ?

A. diabetes

B. anaemia

C. goitre

D. rickets

Answer: goitre



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162. Which of the following is a mis-matched pair?

A. adrenline : pituitary gland

B. estrogen : ovary

C. pancreas : insulin

D. testosterone : testis

Answer: A



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163. The hormone which is associated with male puberty is called:

- A. oestrogen
- B. adrenaline
- C. testosterone
- D. progesterone

Answer: testosterone



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164. The dramatic changes in body features associated with puberty are mainly because of the secretions of :

- A.Thyroxine B.Estrogen C.Adrenaline
D.Testosterone

A. A and B

B. B and C

C. A and C

D. B and D

Answer: B and D



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165. Which of the following endocrine gland does not occur as a pair in the human body?

A. adrenal

B. pituitary

C. testis

D. ovary

Answer: pituitary



166. Iodine is necessary for the synthesis of one of the following hormones. This hormone is :

A. adrenaline

B. auxin

C. insulin

D. thyroxin

Answer: thyroxin



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167. Which of the following is not a primary sexual characteristic in females ?

A. fallopian tubes

B. ovaries

C. seminal vesicles

D. vagina

Answer: seminal vesicles



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168. Which of the following is the secondary sexual characteristic in females ?

- A. low pitched voice
- B. broadening of chest
- C. broadening of hip
- D. developing Adam's apple

Answer: C



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169. Which of the following can lead to menstruation in a 21 year old woman during ovulation ?

A.Sperms available for fertilisation B.Oviducts blocked C.Sperms not available for fertilisation D.Oviducts nor blocked

A. A and B

B. B and C

C. A and C

D. B and D

Answer: B



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170. The faulty functioning of an endocrine gland can make a person very short or very tall. This gland is :

- A. thyroid
- B. pituitary
- C. adrenal
- D. pancreas

Answer: B



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171. Which of the following hormone prepares our body for action in emergency situations?

A. testosterone

B. insulin

C. thyroxine

D. adrenaline

Answer: adrenaline



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172. A doctor advised a person to take injection of insulin because:

- A. his blood pressure was high
- B. his heart beat was high
- C. his blood sugar was high
- D. his thyroxine level in blood was high

Answer: C



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173. Pimples and acne are formed due to increased activity of :

A. Adrenal glands B. Sebaceous glands C. Thyroid gland D. Sweat glands

A. A and B

B. B and C

C. A and C

D. B and D

Answer: B and D



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174. When a human female reaches a certain age, then vaginal bleeding occurs for a few days after regular intervals of time :

What is this process known as in scientific terms,



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175. When a human female reaches a certain age, then vaginal bleeding occurs for a few days after regular intervals of time :

What is this process known as in everyday language ?



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176. When a human female reaches a certain age, then vaginal bleeding occurs for a few days after regular intervals of time :

What is the human female said to have attained at this stage ?



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177. When a human female reaches a certain age, then vaginal bleeding occurs for a few days after regular intervals of time :

What does the onset of this process in human female signify ?



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178. When a human female reaches a certain age, then vaginal bleeding occurs for a few days after regular intervals of time :

At what particular event in the life of human female this process stops temporarily but starts again ?



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179. When a human female reaches a certain age, then vaginal bleeding occurs for a few days after regular intervals of time :

What name is given to the event when this process stops permanently ?



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180. A woman is in her reproductive phase of life. Even when the sperms are available at the time of release of a mature body ovum by her ovary, fertilisation does not take place. Due to this, the woman is unable to bear a baby

What is the most likely defect in the reproductive system of this woman ?



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181. A woman is in her reproductive phase of life. Even when the sperms are available at the time of release of a mature body ovum by her ovary, fertilisation does not take place. Due to this, the woman is unable to bear a baby

Name the technique by which this woman can also have a baby.



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182. Raj kumar and his wife sunita have been blessed with a baby girl. On the other hand ,Kripa shanker and his wife vimla have been blessed with a baby boy . What type of sex chorosome has been contributed :

by Raj kumar



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183. Raj kumar and his wife sunita have been blessed with a baby girl. On the other hand

,Kripa shanker and his wife vimla have been blessed with a baby boy . What type of sex chorosome has been contributed :

by Sunita



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184. Raj kumar and his wife sunita have been blessed with a baby girl. On the other hand ,Kripa shanker and his wife vimla have been blessed with a baby boy . What type of sex

chorosome has been contributed :

by Kripa shanker



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185. Raj kumar and his wife sunita have been blessed with a baby girl. On the other hand ,Kripa shanker and his wife vimla have been blessed with a baby boy . What type of sex chorosome has been contributed :

by by Vimla



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186. A gland W is located just below the stomach in the human body. The gland W secretes a hormone X. The deficiency of hormone X in the body causes a disease Y in which the blood sugar level of a person rises too much. The person having high blood sugar is called Z. What are W, X, Y and Z ?



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187. It was observed that the tadpoles are not growing into adult frog in a village pond. A scientist who was asked to find the reason for this concluded that the pond water did not contain sufficient amount of a mineral P which could make a hormone Q. The hormone Q can cause a phenomenon R in tadpoles so that they from become adult frogs.

What are (i) P (ii)Q, and (iii) R ?



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188. It was observed that the tadpoles are not growing into adult frog in a village pond. A scientist who was asked to find the reason for this concluded that the pond water did not contain sufficient amount of a mineral P which could make a hormone Q. The hormone Q can cause a phenomenor R in tadpoles so that they from become adult frogs.

Name one human disease which can also be caused due to the deficiency of P in the food and water.



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