



# BIOLOGY

## BOOKS - PSEB

### REACHING THE AGE OF ADOLESCENCE

#### Exercise

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



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**2. Define adolescence.**



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**3. What is menstruation ?Explain.**



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



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5. Prepare a table having two columns depicting names of endocrine glands and hormones secreted by them.



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6. What are sex hormones? Why are they named so? State their function.



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7. Adolescents 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:**



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**8.** Reproductive age in women starts when their

A. mensuration starts

B. breasts start developing

C. body weight increases

D. height increases.

**Answer:**



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**9.** 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:**



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**10. Write notes on- Adam's apple.**



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**11.** Write notes on- Secondary sexual characters..



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**12.** Write note

Sex determination in the unborn baby.



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