



# BIOLOGY

## BOOKS - MBD

### REACHING THE AGE OF ADOLESCENCE

#### Example

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?**



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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. menstruation 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 note**

Adam's apple



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## 11. Write note

Secondary sexual characters



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## 12. Write note

Sex determination in the unborn baby.



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**13.** Adolescent period normally start from .....of age

A. 9

B. 11

C. 13

D. 15

**Answer:**



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14. Adolescent period ends in the .....year of age.

A. 19

B. 22

C. 25

D. 27

**Answer:**



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15. Menstrual period of human female is of how many days ?

A. 20 days

B. 22 days

C. 18 days

D. 28 days

**Answer:**



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16. The stoppage of menstrual cycle is called :

- A. Menopause
- B. Menstruation
- C. Metaphorsis
- D. none of these

**Answer:**



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17. Female sex hormone is called :

A. Estrogen

B. Testosterone

C. Adrenalin

D. Thyroxin

**Answer:**



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**18.** The male sex harmon is:

A. Estrogen

B. Adrenalin

C. Testosterone

D. Thyroxin

**Answer:**



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**19.** Name two endocrine glands in humans.



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20. Name the gland which secreted growth hormone?



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21. What are female sex cells called?



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22. When do human stop growing?



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**23.** What is the main element of thyroxine hormone?



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**24.** In which part adrenaline is produced?



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**25.** Write names of one male and one female sex hormones.





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**26.** Name the following :

The types of glands that secrete hormones



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**27.** Name the following :

The other name of hormones.



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**28.** Name the following :

The gland which is called 'Master gland'.



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**29.** What are hormones of the thyroid gland?



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**30.** Name the following :

The disease caused by the deficiency of iodine.





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**31.** Name the following :

The hormones that control blood glucose level.



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**32.** Name the following : The gland, which produces the so called 'emergency hormone'.



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**33.** Define sex chromosomes.



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**34.** How many chromosomes.



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**35.** How many chromosomes are present in the nucleus of the human cell?



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**36.** When do adolescence begins and ends?



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**37.** The glands which pour their secretions directly into the blood stream is called .....?



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**38.** What is target site?



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**39.** What is the period of reproductive phase in females?



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**40.** Define menarche.



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**41.** Define Menopause.



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**42.** What are the sex chromosomes in males and females?



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**43.** To which body part pituitary gland is attached?



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**44.** Name the hormones which control metamorphosis in insects and frog.



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**45.** Expand AIDS.



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**46.** What is the legal age of marriage in India?



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**47.** How does hormone affect a girl's body between the age of 10-15 years?



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**48.** How does hormone affect a boy's body between the age of 11-16 years?



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**49.** Write short note on Menstruation



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**50.** Write short notes < br> Menopause



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**51.** Explain sexual cycle in human female.



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**52.** What is meant by reproductive health?



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**53.** Write modes of transmission of AIDS.



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**54.** Differentiate between menarche and menopause.



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**55.** True or False

Fertilization is process of fusion of sperm and ovum.



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**56. True or False**

Duration of menstrual cycle in human female is 20 days.



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**57. True or False**

Onset of menstruation is termed as menopause.



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**58. True or False**

In human being, males attain puberty little later than females.



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**59. Why the endocrine glands are called ductless glands?**



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**60.** Which gland secretion increases during a frightening situation. What is the response?



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**61.** Describe various endocrine glands.



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**62.** List some of the functions of pituitary gland.



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**63.** Why should an adolescent eat right kind of food ?



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**64.** How will you explain that sex hormones are under the control of pitutary glands?



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**65.** Adolescent should say 'No' to the drugs .

Why?



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**66.** Give some myths about adolescents.



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**67.** What changes occur in voice at the time of puberty?





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**68.** Write the main characteristics of hormones.



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**69.** Why is pituitary gland called master endocrine gland?



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**70.** What is reason behind this fact that boys and girls should not be married in young age?



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**71.** Why there is great possibility of disease HIV-AIDS in adolescents?



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**72.** List changes in the body that takes place at puberty.



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**73.** Describe the various conditions or factors needed for keeping the body healthy during adolescence.



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