



BIOLOGY

BOOKS - SURA PUBLICATION

Reaching The Age Of Adolescence

Example

1. Adolescence is the period of life between
..... years of age.

A. 10to16

B. 11to17

C. 11to19

D. 11to20

Answer:



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2. The period at which an organism attains sexual maturity is called

A. puberty

B. adolescence

C. growth

D. maturity

Answer:



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3. During puberty ,the region below the waist become wider in

A. boys

B. girls

C. Both a and b

D. None of these

Answer:



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4. Many adolescent boys and girls get pimples on face, due to the secretions of....._gland.

A. sweat

B. sebaceous

C. sweat and sebacous

D. None of these

Answer:



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5. The sperm is produced by

A. penis

B. ovary

C. uterus

D. testes

Answer:



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6. are the chemical substances, secreted by endocrine gland .

A. Hormones

B. Enzymes

C. Proteins

D. Fatty acids

Answer:



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7. Androgen production is regulated by

.

A. GH hormone

B. LH hormone

C. TSH hormone

D. ACTH hormone

Answer:



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8. During menstruation , the progesterone level is

A. decreased

B. increased

C. ceased

D. normal

Answer:



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9. intake needs to be increased to prevent osteoporosis in later life.

A. Potassium

B. Phosphorus

C. Iron

D. Calcium

Answer:



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10. Fill in the blanks : is secreted by the ovaries of female .



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11. Fill in the blanks : The hormones secreted by the gonads are controlled by



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12. Fill in the blanks : Milk secretion during lactation is controlled by hormone .



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13. Fill in the blanks : The male and the female gamete fuse together and form



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14. Fill in the blanks : The first menstrual flow begins at puberty and it is termed as



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15. Fill in the blanks : usually occurs 14 days after ovulation .



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16. Fill in the blanks : includes protein , carbohydrates , fats and vitamins in requisite proportion



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17. Fill in the blanks : helps to prevent thyroid gland related diseases .



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18. Fill in the blanks : Iron deficiency leads to



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19. Fill in the blanks : In women , fertilisation takes place at



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20. True or False - If false,give the correct statement : There is a sudden increase in the height of both boys and girls during puberty



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21. True or False - If false,give the correct statement : The release of ovum from the uterus is called ovulation .



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22. True or False - If false,give the correct statement : During pregnancy , the corpus luteum continues to grow and produces large amount of estrogen and progesterone .



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23. True or False - If false,give the correct statement : Making use of disposable napkins or tampones may increase the chances of infections .



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24. True or False - If false,give the correct statement : Using clean toilets for defecation is a good practice .



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25. What is adolescence ?



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26. List out the changes which occur during puberty .



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27. What is secondary sex characteristics ?



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28. What is fertilization?



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29. Define menarche



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30. Explain the importance of cleanliness during the time of menstrual cycle in girls .



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31. How is adolescence differ from childhood ?



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32. What are the physical changes that occur in boys and girls during adolescence ?



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33. Explain the role of hormones in reproduction .



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34. Briefly describe the menstrual cycle .



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35. Briefly explain the nutritional needs of adolescence .



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36. What can you suggest to your classmates to keep himself / herself clean and healthy ?



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37. Adolescence is the energistic stage . What health and good habits you want to develop ?



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38. is not a source of iron .

A. Gooseberry

B. Fish

C. Milk

D. Jaggery

Answer:



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39. FSH is produced by

A. pituitary gland

B. thyroid gland

C. uterus

D. testis

Answer:



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40. ICSH refers to

A. FSH

B. LH

C. oxytocin

D. testosterone

Answer:



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41. Menstruation normally occurs once in
..... .

A. 25 days

B. 35 days

C. 28 days

D. 19 days

Answer:



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42. Normally pregnancy lasts for days .

A. 300

B. 280

C. 320

D. 260

Answer:



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43. Fill in the blanks : Oil glands are called glands .



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44. Fill in the blanks : The primary sex organs of the male and female are called and respectively .



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45. Fill in the blanks : hormone stimulates the testis to produce endrogens .



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46. Fill in the blanks : is the male sex hormone .



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47. Fill in the blanks : The hormone is involved in the contraction of uterine muscles during child birth.



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48. Fill in the blanks : The release of ovum from the ovary is called



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49. Fill in the blanks : The wall of becomes thick to receive the fertilized egg .



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50. Fertilisation takes place in ____



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51. Fill in the blanks : is a temporary endocrine gland formed during pregnancy .



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52. Fill in the blanks : Stoppage of menstruation is called



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53. True or False - If false, give the correct statement : The male sex hormone is called estrogen .



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54. True or False - If false,give the correct statement : Prolactin is also known as lactogenic hormone .



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55. True or False - If false,give the correct statement : The FSH is required for spermatogenesis in males .



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56. True or False - If false,give the correct statement : Milk is rich in calcium .



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57. True or False - If false,give the correct statement : Intake of iodine is necessary to prevent anemia .



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58. True or False - If false,give the correct statement : Corpus luteum grows during menstruation .



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59. True or False - If false,give the correct statement : Egg is released from fallopian tube .



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60. Name the sex organs and there hormones .



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61. Name the pituitary hormone which influence the gonades (sex organs) .



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62. Ovulation



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63. When does the corpus luteum degenerate ?



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64. What is menopause?



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65. What is menstruation ?





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66. Explain the secondary sex characteristics of boys .



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67. Explain the secondary sex characteristics of girls .



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Exercise

1. Adam's apple is the growth of the

A. pharynx

B. thyroid

C. larynx

D. para thyroid

Answer:



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10. Define ovulation .



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11. Suggest 4 steps to maintain personal hygiene .



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