



# BIOLOGY

## NCERT - NCERT Biology(Telugu)

### THE AGE OF ADOLESCENCE

#### Example

1. How is adolescence different from childhood?



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2. Write short notes on the following.

Secondary sexual characters



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3. Write short notes on the following.

Adam's apple



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4. List out the changes in the body that takes place at the age of adolescence.



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5. Match the following.

- |                    |     |                       |
|--------------------|-----|-----------------------|
| 1. Testes          | ( ) | a. Estrogen           |
| 2. Endocrine gland | ( ) | b. Pituitary          |
| 3. Menarche        | ( ) | c. Sperm              |
| 4. Female hormone  | ( ) | d. First menstruation |



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6. Why acne and pimples are common in adolescents?



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



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**8.** What is adolescence? What are the changes in this period?



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**9.** Is the adolescence period of confusion in our life?



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**10.** Define the terms primary sexual characters and secondary sexual characters.



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**11.** Define the terms Menarche, Menstruation, Menopause.



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**12.** Write about Menstruation of females.





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**13.** What are the mis-concepts during the period of menstruation?



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**14.** Why child marriage is a social sin?



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**15.** What do endocrine glands release?



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**16.** What are the reproductive hormones in male and female, write their functions?



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**17.** If you have chance to talk with a doctor, what questions you would ask about adolescent emotions and changes in the body?



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**18.** If you have chance to talk with a doctor, what questions you would ask about adolescent emotions and changes in the body?



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**19.** If young generation is trapped into unhealthy habits, what will be the future of our country?



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**20.** Write the behaviour characters of adolescence.



**Watch Video Solution**

**21.** Collect the information about endocrine gland and their hormones effect.



**Watch Video Solution**

**22.** Find out the endocrine glands in the human body and write their names.



**Watch Video Solution**

**23.** Write five suggestions to improve the performance of Red Ribbon club of your school.



**Watch Video Solution**

**24.** Prepare a three minute speech on behavioural changes in adolescents.



**Watch Video Solution**

**25.** Nature prepares human body to reproduce her generations. What do you think of it?



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**26.** You know that early marriage is a social taboo. Prepare some slogans to prevent this?



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**27.** Do you think, is the secondary sexual characters are necessary in adolescence?



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28.



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29. 13 years old Swaroop always think of his height. Can he improve his height? What do you suggest him?



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**30.** Think of your own family, what similarities do you share with your father and mother? Draw a table to represent the similarities of some characters like colour of eye (cornea), colour of hair, shape of nose, shape of face, type of earlobe (attached or free) inner thumb markings, etc. Write your characters in one column and that of your parents in the other columns.

(Q) How do you think these characters may have been inherited by you from grandma



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**31.** What are your expectations about your parents and teachers?



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**32.** Adolescence is the energetic stage. What health and good habits you want to develop?



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**33.** How will you tell that a person height that he will grow?



**Watch Video Solution**

**34.** Write the behaviour characters of adolescence.



**Watch Video Solution**



**35.** When could you identify the voices of a boy or a girl? Why?



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**36.** What should adolescence people do to face pimples.



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**37.** Why adolescents avoid junk food?





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**38.** What you support and not support in adolescent's diet?



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**39.** Why adolescents avoid junk food?



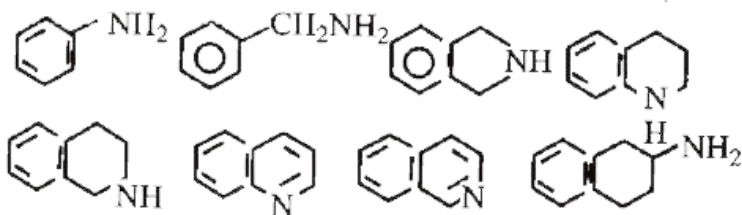
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**40.** Why adolescents maintain cleanliness ?



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41. The number of amines which behave like atiphatic amines from the following list is



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42. How you noticed that you are growing?



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**43.** Have you reached the age of "Adolescence"?

Is mustache growing on your upper lip?



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**44.** Have you reached the age of "Adolescence"?

Did your voice change?



**Watch Video Solution**

**45.** Have you reached the age of "Adolescence"?

Are hairs growing under arm pit?



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**46.** Have you reached the age of "Adolescence"?

Are you taking care of your face by applying powder and combing your hairs frequently?



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**47.** Have you reached the age of "Adolescence"?

Are you feeling shy when talking with opposite sex?



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**48.** Have you reached the age of "Adolescence"?

Are you feeling shy when talking with opposite sex?



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**49.** Have you reached the age of "Adolescence"?

Are you showing restlessness while your parents suggest to do something?



**Watch Video Solution**

**50.** What is reproduction? What are the types in it?



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**51.** Define the terms Menarche, Menstruation, Menopause.



**Watch Video Solution**

**52.** Define the terms Menarche, Menstruation, Menopause.



**Watch Video Solution**

**53.** Will you encourage child marriage?







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**54.** What is gestation period ?



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**55.** What do endocrine glands release?



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**56.** Which hormone controls the 28 days menstrual cycle in females ?



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**57.** What is the name of the male hormone?



**Watch Video Solution**

**58.** Define the terms primary sexual characters and secondary sexual characters.



**Watch Video Solution**

**59.** What is Adam's apple?



**Watch Video Solution**

**60.** When does growth in height stops?



**Watch Video Solution**

**61.** Name the hormone responsible for the secondary sexual characters in female.



**Watch Video Solution**

**62.** What is the age for the production of gametes?



**Watch Video Solution**

**63.** What is the first and foremost duty of every adult?



**Watch Video Solution**

**64.** What is the other name for endocrine glands?



**Watch Video Solution**

**65.** What is the name of the milk secreting glands?



**Watch Video Solution**

**66.** How do young boys and girls keep the body fit and healthy?



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**67.** In which period growth takes place?



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**68.** Who do grow faster?



**Watch Video Solution**

69. Why is the Adam's apple formed?



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70. Why does menstruation occur?



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71. The legal ages for marriage for boys and girls in our country is



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72. What is the function of endocrine glands?



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73. What is necessary to be healthy in adolescence?



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74. What is the hormone begin to produce in girls?



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75. Why is it very important to be healthy in adolescence?



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**Exercise**

1. How is adolescence different from childhood?



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



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3. If you have chance to talk with a doctor, what questions you would ask about adolescent emotions and changes in the body?



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4. Write the behaviour characters of adolescence.



[Watch Video Solution](#)

5. Nature prepares human body to reproduce her generations. What do you think of it?



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6. You know that early marriage is a social taboo. Prepare some slogans to prevent this?



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7. What are your expectations about your parents and teachers?



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8. Children grow the maximum height in

A. Childhood

B. Adolescence

C. Old age

D. Middle age

**Answer:**



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**9. Maximum height that you may gain is**

A. 15 years age

B. 17 years ago

C. 0.85

D. 0.88

**Answer:**



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**10. Stopping of menstruation is**

A. Menarche

B. Menopause

C. Adolescence

D. Adams apple

**Answer:**



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**11. Ductless glands secretions are**

A. Enzymes

B. Hormones

C. Blood

D. Pimples

**Answer:**



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**12.** What is the name of the male hormone?

A. Testosterone

B. Estrogen

C. Adrenalin

D. Pituitary



**Answer:**



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**13.** How is adolescence different from childhood?



**Watch Video Solution**

**14.** Which hormone is responsible for the set in of secondary sexual characters in males ?



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**15.** Write short note on Adam's apple.



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**16.** List out the changes in the body that takes place at the age of adolescence.



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17. Match the following

- |                    |       |                        |
|--------------------|-------|------------------------|
| 1. Testes          | ( c ) | (a) Estrogen           |
| 2. Endocrine gland | ( b ) | (b) Pituitary          |
| 3. Menarche        | ( d ) | (c) Sperm              |
| 4. Female hormone  | ( a ) | (d) First menstruation |



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18. Why acne and pimples are common in adolescents?



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



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**20.** If you have chance to talk with a doctor, what questions you would ask about adolescent emotions and changes in the body?



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**21.** The only electron in the hydrogen atom resides under ordinary conditions on the first orbit. When energy is supplied, the electron moves to higher energy orbit depending on the amount of energy absorbed. When this electron returns to any of the lower orbits, it emits energy. Lyman series is formed when the electron returns to the lowest orbit while Balmer series is formed when the electron returns to second orbit. Similarly, Paschen, Brackett and Pfund series are formed when electron returns to the third, fourth orbits from

higher energy orbits respectively (as shown in figure)

Maximum number of lines produced when an electron jumps from  $n$ th level to ground level is

equal to  $\frac{n(n-1)}{2}$ . For example, in the case of

$n = 4$ , number of lines produced is 6.

( $4 \rightarrow 3, 4 \rightarrow 2, 4 \rightarrow 1, 3 \rightarrow 2, 3 \rightarrow 1, 2 \rightarrow 1$ ).

When an electron returns from  $n_2$  to  $n_1$  state, the number of lines in the spectrum will be

equal to  $\frac{(n_2 - n_1)(n_2 - n_1 + 1)}{2}$

If the electron comes back from energy level having energy  $E_2$  to energy level having energy

$E_1$  then the difference may be expressed in

terms of energy of photon as

$$E_2 - E_1 = \Delta E, \lambda = \frac{hc}{\Delta E}.$$

Since  $h$  and  $c$  are constant,  $\Delta E$  corresponds to definite energy,

thus each transition from one energy level to

another will produce a higher of definite

wavelength. This is actually observed as a line in

the spectrum of hydrogen atom. Wave number

of the line is given by the formula

$$\bar{\nu} = RZ^2 \left( \frac{1}{n_1^2} - \frac{1}{n_2^2} \right)$$

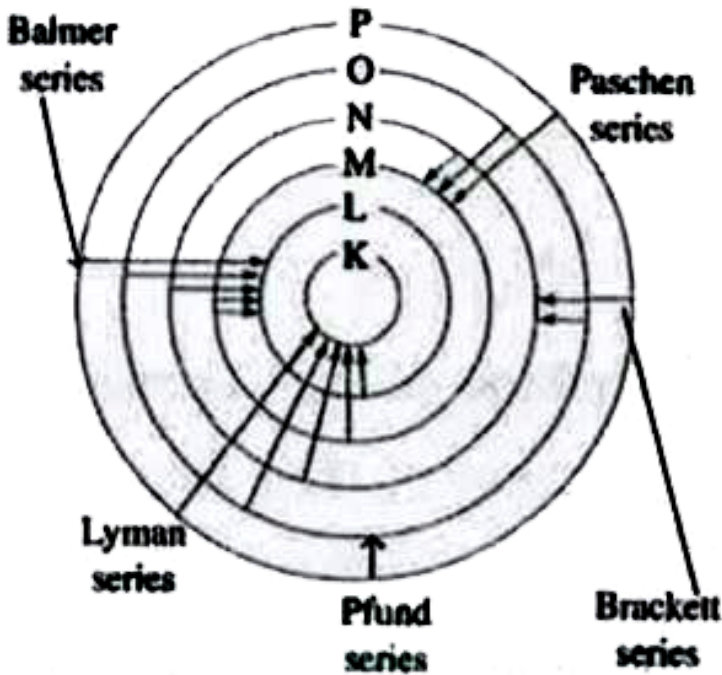
Where  $R$  is a Rydberg constant

$$(R = 1.1 \times 10^7)$$

(i) First line of a series : it is called .line of longest

wavelength. or .line of shortest energy..

(ii) Series limit of last of a series : It is the line of shortest wavelength or line of highest energy.



Let  $\nu_1$  be the frequency of the series limit of the Lyman series,  $\nu_2$  be the frequency of the first line of the Lyman series, and  $\nu_3$  be the



frequency of the series limit of the Balmer series



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22. Write five suggestions to improve the performance of Red Ribbon club of your school.



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23. Prepare a five minutes speech or a presentation about the information that you

have collected and present it in your class.



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**24.** Nature prepares human body to reproduce her generations. What do you think of it?



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**25.** You know that early marriage is a social taboo. Prepare some slogans to prevent this?



**Watch Video Solution**

**26.** 13 years old Swaroop always think of his height. Can he improve his height? What do you suggest him?



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**27.** Observe some of your friends and note their characters in the following table. Fill in yours as well. (Q) B. Do you share more similar characters with your parents or with your friends?



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**28.** What are your expectations about your parents and teachers?



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**29.** Often you may have experienced that if you have tension for some reason you start having loose motions . What does this show us ?



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**30.** How you noticed that you are growing?



**Watch Video Solution**

**31.** Have you reached the age of "Adolescence"?

Is mustache growing on your upper lip?



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**32.** Have you reached the age of "Adolescence"?

Did your voice change?





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**33.** Have you reached the age of "Adolescence"?

Are hairs growing under arm pit?



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**34.** How many lattice points are there in one

unit cell of face centered cubic lattice



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**35.** Have you reached the age of "Adolescence"?

Are you taking care of your face by applying powder and combing your hairs frequently?



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**36.** Have you reached the age of "Adolescence"?

Are you feeling shy when talking with opposite sex?



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**37.** Are you interested to play with opposite sex, which have you done earlier.



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**38.** Which methods do you suggest to conserve soil ?



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**39.** Do you know what is a catalyst ?



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**40.** Can you guess the maximum height you will reach?



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**41.** How can you say whether the given solution is acidic or alkaline ?



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**42.** When could you identify the voices of a boy or a girl? Why?



**Watch Video Solution**

**43.** In the production of test tube babies



**Watch Video Solution**

**44.** What would happen if ovulation stops.



**Watch Video Solution**

**45.** How does nature prepares the uterus to receive the fertilized egg?



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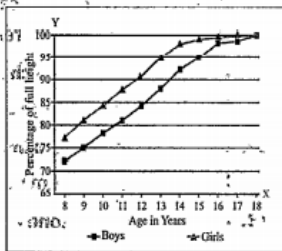
**46.** What happens if fertilization does not takes place.



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47. After observing the tables and graph try to answer the following questions. When does growth in height nearly stop?

Age in years	% of maximum height (boys)	% of maximum height (girls)
8	72	77
9	75	81
10	78	84
11	81	88
12	84	91
13	88	95
14	92	98
15	95	99
16	98	99.5
17	99	100
18	100	100

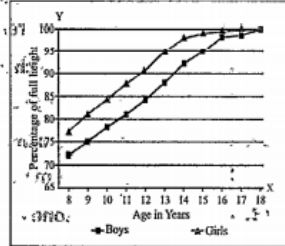


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48. After observing the tables and graph try to answer the following questions. Which period

of age according to you is the fastest growing period for girls?

Age in years	% of maximum height (boys)	% of maximum height (girls)
8	72	77
9	75	81
10	78	84
11	81	88
12	84	91
13	88	95
14	92	98
15	95	99
16	98	99.5
17	99	100
18	100	100

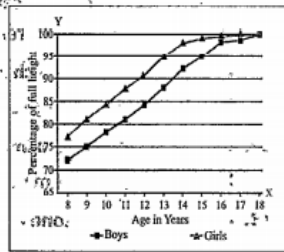


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**49.** After observing the tables and graph try to answer the following questions. Which period

of age is the fastest growing period for boys?

Age in years	% of maximum height (boys)	% of maximum height (girls)
8	72	77
9	75	81
10	78	84
11	81	88
12	84	91
13	88	95
14	92	98
15	95	99
16	98	99.5
17	99	100
18	100	100

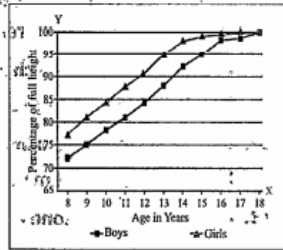


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50. After observing the tables and graph try to answer the following questions. Who grow

faster? How can you say?

Age in years	% of maximum height (boys)	% of maximum height (girls)
8	72	77
9	75	81
10	78	84
11	81	88
12	84	91
13	88	95
14	92	98
15	95	99
16	98	99.5
17	99	100
18	100	100



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51. Prepare a table showing maximum height of a group of six students?



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**52.** Take atleast 5 students from 6th to 10th class. Collect body measurement data of those students.



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**53.** A table clock has its minutes hand 4 cm long. Find the average velocity of the tip of the minute hand between 6.00 AM to 6.30 AM.



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54. How do you separate the two components?

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55. How can you change the state of a substance?

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56. Between which classes do you find a maximum growth in height?

 [Watch Video Solution](#)



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**57.** In what way the kind of discrimination is harmful for girls and women during the period of menstrual cycle ?



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**58.** This is biological phenomena, so how can Menstruation be impure or unclean?



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**59.** If young generation is trapped into unhealthy habits, what will be the future of our country?



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**60.** What is the reasons for increased sweet and pimples in adolescence?



**Watch Video Solution**

**61.** What precautions should be taken to deal with pimples?



**Watch Video Solution**

**62.** Define the terms primary sexual characters and secondary sexual characters.



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**63.** What is menopause?





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**64.** What is menarche?



[Watch Video Solution](#)

**65.** What are endocrine glands ? Mention their functions.



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**66.** What are junk foods, what is their effect on adolescence?



**Watch Video Solution**

**67.** How much time the production of eggs last long in females?



**Watch Video Solution**

**68.** What would happen if ovulation stops.





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**69.** How does nature prepares the uterus to receive the fertilized egg?



[Watch Video Solution](#)

**70.** What happens if fertilization does not takes place.



[Watch Video Solution](#)

71. What are tobacco products? What is their effect on adolescents?



**Watch Video Solution**

72. What is Adam's apple?



**Watch Video Solution**

73. Why is an adolescence boy's voice coarse?



**Watch Video Solution**



**74.** What are the changes that take place in large intestine during digestion of food?



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**75.** What changes are observed in adolescents sexually?



**Watch Video Solution**

**76.** What are endocrine glands ? Mention their functions.



**Watch Video Solution**

**77.** What is the function of hormones?



**Watch Video Solution**

**78.** What habits should be followed during adolescence?





**Watch Video Solution**

**79.** What is Adam's apple?



**Watch Video Solution**

**80.** Describe how voice is produced in human beings?



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**81.** Make a table by listing out any 4 endocrine glands present in our body, their location hormones secreted by them and their function.



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**82.** Draw the neatly diagram of meiosis.



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**83.** Write about the general characteristics of hydrides of VA group elements.



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**84.** What are the hormones secreted by testis, ovaries, pituitary and adrenal glands? What are the effects?



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**85.** Which of the following is a change that occurs in adolescence?

- A. Increase in height
- B. Formation of secondary sexual characters
- C. Hormonal changes
- D. All the above

**Answer:**



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**86.** A partial growth of our voice box in larynx is

A. Adam's apple

B. Cartilage

C. Throat

D. Thyroid gland

**Answer:**



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87. The larynx is made up of \_\_\_\_\_ cartilage.

A. 10

B. 9

C. 11

D. 12

**Answer:**



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**88.** Which one of these cartilages is the largest?

- A. Adrenal cartilage
- B. Thyroid cartilage
- C. Pyrenoid cartilage
- D. None of these

**Answer:**



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**89.** The secretions of \_\_\_\_\_ glands in adolescence are very active.

A. Thyroid

B. Sweat

C. Sebaceous

D. Both B & C

**Answer:**



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**90.** The laryngeal prominence is usually more prominent in

A. Adult boys than adult men

B. Adult men than in adolescent boys

C. Adult women

D. Adult girls

**Answer:**



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**91.** The sex organs by which children are identified as boys or girls at birth represent

- A. Secondary sexual characters
- B. Primary sexual characters
- C. Both
- D. None

**Answer:**



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92. Which of the following is true?

A. Do not scratch the pimples

B. Wash your face regularly with a mild soap

C. Use luke warm water to wash pimples and  
acne

D. all the above

**Answer:**



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**93.** In females, the reproductive phase of life begins usually around \_\_\_\_\_ years of age.

A. 16-17

B. 40 - 45

C. 12 – 13

D. 13 14

**Answer:**



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94. Reproductive phase generally lasts till the age of approximately \_\_\_\_\_ years of age in females .

A. 40-50

B. 50

C. 45 – 50

D. 60

**Answer:**



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**95.** Number of ova released at a time in female human being is

A. 1

B. 2

C. 3

D. 4

**Answer:**



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**96.** Ovum is released once in every

A. 40-35 Days

B. 60 – 70 days

C. 28 – 30 days

D. 40-50 days

**Answer:**



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97. Uterus lining is shedded and causes bleeding in women which is called

A. Menstruation

B. Menarche

C. Menopause

D. Pregnancy

**Answer:**



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**98.** At 45 to 50 years of age, the menstrual cycle stops gradually. This stage is known as -

A. Menstruation

B. Menarche

C. Menopause

D. Pregnancy

**Answer:**



**Watch Video Solution**

**99.** The first menstrual cycle begins at adolescence and is termed as ---

A. Menstruation

B. Menarche

C. Menopause

D. Pregnancy

**Answer:**



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**100.** Legal marriage age for girls and boys

A. 21, 23

B. 23, 28

C. 25, 28

D. 16, 20

**Answer:**



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101. To get married before reaching the required age is \_\_\_\_\_ issue.

A. A healthy

B. An unhealthy

C. A good issue

D. A profitable issue

**Answer:**



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**102.** An endocrine gland releases \_\_\_\_\_ .

A. Hormones

B. Lymph

C. Fluids

D. Enzymes

**Answer:**



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**103.** The hormone which helps in release of sperm and secondary sexual characters in male

A. Testosterone

B. Progesterone

C. Estrogen

D. Thyroxin

**Answer:**



**Watch Video Solution**



**104.** The hormone that helps in release of ovum, menstruation, secondary sexual characters in female

- A. Testosterone
- B. Progesterone
- C. Estrogen
- D. Thyroxin

**Answer:**



**Watch Video Solution**

**105.** The hormone that brings about general growth, stimulates other endocrine glands

- A. Testosterone
- B. Progesterone
- C. Growth hormone
- D. Thyroxin

**Answer:**



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**106.** The hormone that causes the egg to burst out and flow into the fallopian tubes

A. FSH

B. GH

C. Thyroxine

D. LH

**Answer:**



**Watch Video Solution**

**107.** The hormone that directs estrogen for formation of ovum or eggs in uterus of females

- A. FSH (Follicle Stimulating Hormone)
- B. GH (Growth Hormone)
- C. GnRH hormone
- D. LH (Leutinizing Hormone )

**Answer:**



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**108.** The hormone that controls emotions

A. Adrenaline

B. Thyroxine

C. GH

D. LSH

**Answer:**



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**109.** A famous psychiatrist \_\_\_\_\_ stated that adolescence is the age of stress and strain

A. Stably Hall

B. Lan Franc

C. Francois

D. All of the above

**Answer:**



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**110.** The period of Adolescence is

A. 15 – 21 years

B. 16-23 years

C. 13-19 years

D. 14-20 years

**Answer:**



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**111.** The age at which the growth in boys and girls is maximum

A. 3-4 years

B. 13-19 years

C. 20-25 years

D. 30-40 years

**Answer:**



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**112.** To reach a proper height this is an important factor

- A. Under nourishment
- B. Doing proper exercises
- C. Spending time without work
- D. Taking one type of food

**Answer:**



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**113.** The voice of boys becomes hoarse in this stage

A. Child stage

B. Adolescent stage

C. Adult stage

D. Old age

**Answer:**



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**114.** What is Adam's apple?

A. Face

B. Larynx

C. Neck

D. Head

**Answer:**



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**115.** The function of larynx

- A. Produce hormones
- B. Produce sex cells
- C. Produce voice or sounds
- D. Produce embryo

**Answer:**



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**116.** The boys and girls get pimples in adolescence due to

A. Secretion from the testes

B. Secretions of sweat and sebaceous glands

C. Secretions of pituitary gland

D. Secretion of Adrenal glands.

**Answer:**



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**117.** What appears when the pimples are squeezed?

A. Black spots on face

B. Red patches on face happens.

C. Face become yellow

D. Nothing happens.

**Answer:**



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**118.** The facial hair, moustaches and beard are

A. Primary sexual characters

B. Secondary sexual characters 10-12 years

C. Indicate the old age

D. Childlessness

**Answer:**



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**119.** Adolescents become capable of reproduction probably in the age group of

A. 11-15 years

B. 10-12 years

C. 15-20 years

D. 13-19 years

**Answer:**



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**120.** Menarche is the

A. First menstruation

B. Last menstruation



C. Middle menstruation

D. None of the above

**Answer:**



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**121.** The process of menstruation takes place once in about

A. 25 – 28 days

B. 28 -30 days

C. 30 – 32 days

D. 20 – 25 days

**Answer:**



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**122.** Menopause is the stage

A. When menstruation starts

B. When menstruation stops gradually

C. When menstruation is high

D. None of the above

**Answer:**



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**123.** At which age stoppage of menstruations occurs

A. 45 – 50 years

B. 50 – 60 years

C. 40 – 45 years

D. 30-35 years

**Answer:**



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**124.** The legal ages for marriage for boys and girls in our country is

A. 21 years for girls 23 years for.boys

B. 18 years for boys and 20 years for girls

C. 15 years for boys and 20 years for girls

D. There is no legal age.

**Answer:**



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**125.** The endocrine glands also called as

A. Tubules

B. Ductless glands

C. Carry glands

D. Sperm producing glands

**Answer:**



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**126.** Estrogen hormone is produced by

A. Ovary

B. Testes

C. Penis

D. Mammary glands

**Answer:**



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127. Function of adrenaline is

- A. Control Jealousy
- B. Control menopause
- C. Control emotions
- D. Control many diseases

**Answer:**



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**128.** GSH, FSH and LH hormones are secreted by

A. Testes

B. Ovary

C. Pituitary

D. Mammary glands

**Answer:**



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**129.** The balanced diet consists of



A. Proteins and Fats

B. Carbohydrates and Proteins Chips

C. Proteins, carbohydrates, vitamins and fats

D. Vitamins

**Answer:**



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**130.** One of the following is a junk food

A. Roti

B. Chips

C. Biscuits

D. Milk

**Answer:**



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**131.** Which of the following leads to. Obesity

A. Eating excess Rice

B. Eating excess chapatis

C. Eating many types of vegetables

D. Eating road side fast foods

**Answer:**



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**132.** Which of the following is good for physical health?

A. Talking

B. Playing video games

C. Playing outdoor games

D. Watching TV

**Answer:**



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**133.** One of the following is a tobacco product

A. Nut powder

B. Khaini

C. Chewing gum

D. Noodles

**Answer:**



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**134.** One of the following persons is a famous psychiatrist

A. Stanley Hall

B. Gilchrist

C. Robert Hooke

D. Goldsmith

**Answer:**



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**135.** The sex organs by which children are identified as boys or girls at birth represent

- A. Primary sexual characters
- B. Secondary sexual characters
- C. Indicate the old age

## D. Childlessness

**Answer:**



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**136.** \_\_\_\_\_ is the sign of starting of release of ova in female reproductive life

A. Menarche

B. Menopause

C. Melopause

## D. Andropause

**Answer:**



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**137.** The endocrine gland present near the heart is

A. Pancreas

B. Adrenal

C. Thymus



D. Pineal

**Answer:**



**Watch Video Solution**

**138.** The endocrine gland present near the kidney is

A. Pancreas

B. Adrenal

C. Thymus

D. Pineal

**Answer:**



**Watch Video Solution**

**139.** Pineal body is present near the

A. Heart

B. Pancreas

C. Kidney

D. Brain

**Answer:**



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**140.** Write short notes on the following.

Secondary sexual characters



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**141.** If you have chance to talk with a doctor, what questions you would ask about adolescent emotions and changes in the body?



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**142.** A source and a detector move away from each other, each with a speed of 10 m/s with respect to ground with no wind. If the detector detects a frequency 1650 Hz of the sound coming from the source, what is the original frequency of the source? (speed of sound = 340 m/s)



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**143.** Nature prepares human body to reproduce her generations. What do you think of it?



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**144.** What are your expectations about your parents and teachers?



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**Think And Discuss**

1. In what way the kind of discrimination is harmful for girls and women during the period of menstrual cycle ?



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2. There are 4 letters and 5 boxes in a row. Number of ways of posting these letters if all the letters are not posted in the same box is



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3. This is biological phenomena, so how can Menstruation be impure or unclean?



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4. During menstruation period proper care regarding health and hygiene is needed rather than following myths.



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5. If young generation is trapped into unhealthy habits, what will be the future of our country?



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**Improve Your Learning**

1. How is adolescence different from childhood?



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2. Write short notes on the following.

Secondary sexual characters



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3. Write short notes on the following.

Adam's apple



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4. List out the changes in the body that takes place at the age of adolescence.



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5. Match the following:

- |                    |     |                       |
|--------------------|-----|-----------------------|
| 1. Testes          | ( ) | a. Estrogen           |
| 2. Endocrine gland | ( ) | b. pituitary gland    |
| 3. Menarche        | ( ) | c. Sperm              |
| 4. Female hormone  | ( ) | d. First menstruation |



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6. Why acne and pimples are common in adolescents?



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



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**8.** If you have chance to talk with a doctor, what questions you would ask about adolescent emotions and changes in the body?



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**9.** Think of your own family, what similarities do you share with your father and mother? Draw a table to represent the similarities of some characters like colour of eye (iris), colour of hair, shape of nose, shape of face, type of earlobe (attached or free) inner thumb

markings, etc. Write your characters in one column and that of your parents in the other columns.

(Q) How do you think these characters may have been inherited by you from grandma



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**10.** Write five suggestions to improve the performance of Red Ribbon club of your school.



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**11.** Prepare a three minute speech on behavioural changes in adolescents.



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**12.** Nature prepares human body to reproduce her generations. What do you think of it?



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**13.** You know that early marriage is a social taboo. Prepare some slogans to prevent this?



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**14.** 13 years old Swaroop always think of his height. Can he improve his height? What do you suggest him?



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**15.** Are you angry with your parents. How do you wish your parents to be?



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**16.** What are your expectations about your parents and teachers?



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