



BIOLOGY

BOOKS - VGS PUBLICATION-BRILLIANT

THE AGE OF ADOLESCENCE

Exercise

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. What changes are observed in adolescents sexually?



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6. Why acne and pimples are common in adolescents?



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



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9. Prepare a three minute speech on behavioural changes in adolescents.



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



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



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



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



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14. 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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15. What are your expectations about your parents and teachers?



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



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17. What is adolescence period?



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18. In which period growth takes place?



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19. When does growth in height stops?



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20. Who do grow faster?



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21. What is Adam's apple?



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22. Why is the Adam's apple formed?



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23. Name the hormone responsible for the secondary sexual characters in female.



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24. Define the terms primary sexual characters and secondary sexual characters.



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25. What is reproduction? What are the types in it?



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26. What is the age for the production of gametes?



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27. What is menarche?



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28. What is menopause?



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29. When does menstruation occur?



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30. What is child marriage?



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31. What is the legal age for marriage?



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



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33. What is the function of endocrine glands?



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34. What do endocrine glands release?



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35. What is the other name for endocrine glands?



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36. What is the name of the male hormone?



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



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38. What is the name of the milk secreting glands?



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39. The hormone that controls emotions



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40. Why do the hunger levels are high in adolescents?



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



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42. Why are endocrine glands called ductless glands ? Name them.



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43. Why do adolescents generally prefer to eat chips, snacks etc ?



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44. Why is it not good to eat junk foods ?





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45. What are the factors involved in, to reach proper height ?



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46. Nowadays reaching age of adolescence in girls become reduced - support your answer.



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47. What is balanced diet ?



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48. What is menstrual cycle ? When does it begin ? What happens during this period ?



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49. Why child marriage is a social sin?



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50. What are endocrine glands ? Mention their functions.



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51. What are the functions of Endocrine hormones ?



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52. How is physical exercise good for young boys and girls ?



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53. What is growth ? How does it take place ?



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54. Is the adolescence period of confusion in our life?



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



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56. What should be done at the time of pimples and acne ?



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57. Write how child marriages cause damage to her health.



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58. How do you understand that you have reached the age of adolescence ?



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59. Is it apt to believe in the myth of keeping away women untouchable during the period of menstrual cycle ?



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60. To make future in a right way an adolescent need to know more about adolescence. Do you agree ?



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61. Consuming Gutkha, Cigarettes, Cigar, Beedi, Khaini has become a social evil - Is it true ?



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62. Draw and label the diagram of position of some endocrine glands in the human body.



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



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64. Adolescence age is between

A. 12-18 years

B. 10-19 years

C. 14-20years

D. 11-12 years

Answer:



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65. Adolescents show interest to spend time with

A. infants

B. Children

C. Peer

D. Old

Answer:



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66. Adam's apple is present in _

- A. Larynx.
- B. Pharynx
- C. Oesophagus
- D. Mouth

Answer:



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67. In adolescents the reproductive organs produce

A. hormones

B. gametes

C. Pollen grain

D. none

Answer:



68. The legal age for marriage for girls is

A. 16 years

B. 18 years

C. 20 years

D. 21 years

Answer:



69. The glands that play an important role in development of the reproductive system

- A. salivary glands
- B. gastric glands
- C. Endocrine glands
- D. Liver

Answer:



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70. The character of living organisms is

A. digestion

B. respiration

C. Nutrition

D. Growth

Answer:



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71. The gland responsible for control emotions is

A. Testes

B. Ovaries

C. Pituitary

D. Adrenal

Answer:



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72. The age between childhood and adulthood is

- A. Childhood
- B. Old age
- C. Adolescence
- D. Adulthood

Answer:



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73. During adolescence children grow to height of

A. minimum

B. Maximum

C. Normal

D. Medium

Answer:



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74. A partial growth of our voice box in larynx is

- A. Adam's apple
- B. Voice box
- C. Voice chamber
- D. Thyroid

Answer:



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75. The number of cartilage present in Larynx _

A. 8

B. 9

C. 12

D. 10

Answer:



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76. oil glands are _

- A. Sweat glands
- B. Sebaceous glands
- C. Lacrimal glands
- D. ceruminous glands

Answer:



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77. First menstruation in girls is termed as

A. Menopause

B. Hyrarche

C. Menarche

D. None

Answer:



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78. What is the legal age for marriage?

A. 18

B. 20

C. 21

D. 23

Answer:



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79. This element is essential for the production of RBC

A. Magnesium

B. Boran

C. Iron

D. Zinc

Answer:



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80. Secondary sexual characters are seen in

A. Infants

B. Adolescents

C. Middle aged person

D. Old people

Answer:



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81. 'Menopause' is seen in

A. Adolescent girls

B. Adolescents boys

C. 50-55 aged women

D. 50-55 aged men

Answer:



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82. During adolescent voice of boys become

A. Soft sweat

B. Smooth

C. Loud

D. Hoarse

Answer:



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83. Pimples are due to the over activity of glands.

A. Sweat

B. Sebaceous

C. Ceruminous

D. None

Answer:



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84. Children grow the maximum height in

A. Childhood

B. Adolescents

C. Adult

D. None

Answer:



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85. Stopping of menstruation is

A. Menarche

B. Monarchy

C. Menopause

D. Monotony

Answer:



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86. Adolescence is an age of stress and strain, they need the help of __

A. Teachers

B. Parents

C. Friends

D. Both A and B

Answer:



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87. It is very essential for overall growth during adolescence

A. Fast food

B. Fruits

C. Balanced diet

D. None

Answer:



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88. "Adolescence is the age of stress and strain" - this was said by...

A. Stanley Miller

B. Thomas hall

C. Stanley hall

D. Stanley Joseph

Answer:



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89. This hormone is responsible for changes in girls during adolescence

A. Adrenalin

B. Estrogen

C. Testosterone

D. LH

Answer:



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90. Menstruation in women is a

A. Sin

B. Superstition

C. Untouchable thing

D. Natural phenomena

Answer:



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91. The hormone responsible for the Production of spermatozoa is

A. Adrenalin

B. Testosterone

C. Oestrogen

D. progesterone

Answer:



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92. Master of endocrine glands is

- A. Pituitary
- B. Adrenal gland
- C. Testes
- D. Ovaries

Answer:



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93. The endocrine gland present near the heart is

A. Thymus

B. Adrenalin

C. Pancreas

D. Pituitary

Answer:



94. As a responsible student of adolescent period you should practice

- A. Good habits
- B. Good habits
- C. Respect to mankind
- D. All of these

Answer:



95. The best suited slogan to prevent early marriages.

A. Adult girl like light, don't make it dark

B. Small girl like light, don't make it dark

C. Earley marriage helpfull the country

D. Strengthen children are born with early marriages

Answer:



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96. Red ribbon club create awareness among the people for this disease

A. AIDS

B. Dengue

C. Cancer

D. Malaria

Answer:



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97. As a student having understanding on changes in adolescence I will

- A. agree physical changes
- B. Develop self confidence
- C. Maintain personal hygiene
- D. All the above

Answer:



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