

## Reaching the Age of Adolescence

### ORAL QUESTIONS

#### A. Answer these questions orally.

1. What is the age of puberty in (a) girls (b) boys?
2. Name the endocrine gland located at the base of the brain.

#### B. Fill in the blanks.

1. The hormone secreted by pancreas is \_\_\_\_\_.
2. \_\_\_\_\_ gland is also known as master endocrine gland.
3. \_\_\_\_\_ is a male hormone while \_\_\_\_\_ is a female hormone.
4. The \_\_\_\_\_ combinations of chromosomes leads to the birth of a baby girl.
5. The stage that follows adolescence is \_\_\_\_\_.

#### C. Match the columns.

##### COLUMN A

1. Adam's apple
2. Puberty in girls
3. Puberty in boys
4. Pituitary
5. Pancreas
6. Testosterone
7. Thyroxine

##### COLUMN B

- (a) 11 or 12 years
- (b) Controls secondary male characters
- (c) Regulates metabolism and growth
- (d) Protruding voice box in males
- (e) 14 to 18 years
- (f) Insulin
- (g) Growth hormone

### PUZZLE/QUIZ

#### D. Unscramble these words to make meaningful words. Use the clues given in brackets.

1. 

N	A	E	U	M	O	S	P	E
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 \_\_\_\_\_

(The stoppage of menstrual cycle in female)

2. E E M R H N C A

(The first menstrual flow)

### CLASS TEST

#### **E. MCQ–Tick (✓) the correct option.**

1. Which hormone prepares the body to fight or run fast?

(a) Insulin  (b) Adrenaline

(c) Testosterone  (d) Thyroxine

2. The first menstrual flow begins at puberty and is called

(a) Menopause

(b) Pregnancy

(c) Menarche

(d) Puberty

#### **F. Very short answer questions.**

1. What do you understand by ‘adolescence’?

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2. What is puberty?

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3. Name the hormones which initiate and control the secondary sexual characters that appear during adolescence.

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4. What are hormones?

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5. What would happen if insulin is not secreted in proper amount in a person’s body?

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#### **G. Short answer questions.**

1. What are sex chromosomes?

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2. What do you understand by secondary sexual characteristics?

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3. How do hormones control the development of secondary sexual characters in boys and girls?

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**H. Long answer questions.**

1. How is the sex of a baby determined?

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2. Describe the secondary sexual characteristics in boys.

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3. Describe the secondary sexual characteristics in girls.

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4. What are the changes that are common in both boys and girls that occur during puberty?

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5. What are the nutritional needs of an adolescent?

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### **HOME ASSIGNMENT**

#### **I. Think and answer.**

1. The old belief that the mother is responsible for giving birth to a female baby is completely wrong and full of ignorance. Can you say why?

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2. Anusha's pancreas were found to produce insufficient insulin hormone. Which disease is she likely to suffer from?

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3. Why is the mineral 'iron' needed by our body?

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4. What will be the sex of the baby if the 'Y' chromosome carrying sperm fertilises an ovum containing 'X' chromosome?

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5. What will be the sex of the baby of the 'X' chromosome carrying sperm fertiliser an ovum containing 'X' chromosome?

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## WORKSHEET

### **J. Give reasons for the following.**

1. During adolescence boys and girls need to take special care of personal hygiene.

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2. Pituitary gland is known as the master gland.

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