

Name: _____ Date: _____

Reaching the Age of Adolescence

Q1. State True (T) or False (F).

- i. Adrenaline is a hormone released from the adrenal glands. _____
- ii. Adolescence is a period of much activity in the body and mind which is a normal part of growing up. _____
- iii. Once puberty is reached in girls, ovaries begin to produce the female hormone or testosterone. _____
- iv. Growing up is a natural process. _____
- v. Thyroid gland produces insulin hormone. _____

Q2. Fill in the blanks.

- i. Adolescents should be careful about what they eat, because _____
_____.
- ii. Reproductive age in women starts when their _____.
- iii. The right meal for adolescents consists of _____, _____, _____.
- iv. The period of transition between childhood and adulthood is known as _____.
- v. Adolescents are also called _____.
- vi. Menstrual cycle is controlled by _____.
- vii. _____ glands secrete an oily substance.
- viii. Metamorphosis in insects is controlled by _____.
- ix. The onset of puberty and maturity of reproductive parts are controlled by _____.
- x. Early marriage and motherhood cause health problems in the _____ and the _____.
- xi. Puberty ends when an adolescent reaches reproductive _____.

Q3. Name two animals which reproduce sexually.

Ans. _____

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Q1. State True (T) or False (F).

- i. Adrenaline is a hormone released from the adrenal glands. True
- ii. Adolescence is a period of much activity in the body and mind which is a normal part of growing up. True
- iii. Once puberty is reached in girls, ovaries begin to produce the female hormone or testosterone. False
- iv. Growing up is a natural process. True
- v. Thyroid gland produces insulin hormone. False

Q2. Fill in the blanks.

- i. Adolescents should be careful about what they eat, because proper diet is needed for the rapid growth taking place in their body.
- ii. Reproductive age in women starts when their menstruation starts.
- iii. The right meal for adolescents consists of chapati, dal, vegetables.
- iv. The period of transition between childhood and adulthood is known as adolescence.
- v. Adolescents are also called 'teenagers'.
- vi. Menstrual cycle is controlled by hormones.
- vii. Sebaceous glands secrete an oily substance.
- viii. Metamorphosis in insects is controlled by insect hormones.
- ix. The onset of puberty and maturity of reproductive parts are controlled by hormones.
- x. Early marriage and motherhood cause health problems in the mother and the child.
- xi. Puberty ends when an adolescent reaches reproductive maturity.

Q3. Name two animals which reproduce sexually.

Ans. Testosterone