

Name: _____ Date: _____

Reaching the Age of Adolescence

Q1. Which disease is caused by the insufficient production of insulin hormone by pancreas?

Ans. _____

Q2. Which endocrine gland secretes hormone that maintains correct salt balance in the blood?

Ans. _____

Q3. Why is exercise important during adolescence?

Ans. _____

Q4. What is the effect of a smaller voice box in grown up girls?

Ans. _____

Q5. Why is iron mineral important for our body? Write some iron rich foods.

Ans. _____

Reaching the Age of Adolescence

Q1. Which disease is caused by the insufficient production of insulin hormone by pancreas?

Ans. Diabetes is caused by the insufficient production of insulin hormone by pancreas.

Q2. Which endocrine gland secretes hormone that maintains correct salt balance in the blood?

Ans. Adrenal glands secrete hormones which maintain the correct salt balance in the blood.

Q3. Why is exercise important during adolescence?

Ans. Walking and playing in fresh air keeps the body fit and healthy. Thus, all young boys and girls should take walks, exercise and play outdoor games.

Q4. What is the effect of a smaller voice box in grown up girls?

Ans. In girls, the larynx is hardly visible from the outside because of its small size. The smaller voice box in girls gives shrill voice or high pitched voice to the girls.

Q5. Why is iron mineral important for our body? Write some iron rich foods.

Ans. Iron mineral is important for our body because it builds blood. Iron-rich food includes leafy vegetables, jaggery, meat, citrus, Indian gooseberry (amla) etc.