

Name: _____ Date: _____

Reaching the Age of Adolescence

Q1. How does the height of boys and girls change during puberty?

Ans. _____

Q2. Prepare a Table having two columns depicting names of endocrine glands and hormones secreted by them.

Ans.

Endocrine glands	Hormones
Thyroid gland	
Pancreas	
Pituitary	
Adrenals	
Testes	
Ovaries	

Q3. What is menstruation? Explain.

Ans. _____

Reaching the Age of Adolescence

Q1. How does the height of boys and girls change during puberty?

Ans. At the time of puberty the long bones, that is, the bones of the arms and the legs elongate and make a person tall. Initially, girls grow faster than boys but by about 18 years of age, both reach their maximum height. The rate of growth in height varies in different individuals. Some may grow suddenly at puberty and then slow down, while others may grow gradually.

Q2. Prepare a Table having two columns depicting names of endocrine glands and hormones secreted by them.

Ans.

Endocrine glands	Hormones
Thyroid gland	thyroxine
Pancreas	insulin
Pituitary	growth hormone
Adrenals	adrenalin
Testes	testosterone
Ovaries	estrogen

Q3. What is menstruation? Explain.

Ans. In females, the reproductive phase of life begins at puberty (10 to 12 years of age) and generally lasts till the age of approximately 45 to 50 years. The ova begin to mature with the onset of puberty. One ovum matures and is released by one of the ovaries once in about 28 to 30 days. During this period, the wall of the uterus becomes thick so as to receive the egg, in case it is fertilised and begins to develop. This results in pregnancy. If fertilisation does not occur, the released egg, and the thickened lining of the uterus along with its blood vessels are shed off. This causes bleeding in women which is called menstruation.