

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Reaching the Age of Adolescence

Q1. What are sex hormones? Why are they named so? State their function.

Ans. \_\_\_\_\_

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Q2. List changes in the body that take place at puberty.

Ans. \_\_\_\_\_

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## Reaching the Age of Adolescence

Q1. What are sex hormones? Why are they named so? State their function.

Ans. Sex hormones are chemical substances produced by a sex gland or other organ. For example, the testes make male sex hormone called testosterone and the ovaries make female sex hormone called estrogen. These hormones affect the sexual features of an organism. Hence they are called sex hormones.

### Functions

Testosterone – It produces male secondary sexual characteristics in boys such as deeper voice, growth of moustache and beard, broad shoulders and chest, adam's apple, more muscles, development of reproductive organs etc.

Estrogen – It produces female secondary sexual characteristics in girls such as development of breasts, broader hips, development of reproductive organs etc.

Q2. List changes in the body that take place at puberty.

Ans. Changes at puberty

- i. Sudden increase in height and weight.
- ii. Boys develop broader shoulders and wider chests. In girls, the region below the waist becomes wider.
- iii. In boys, the muscles of the body grow more prominently than in the girls.
- iv. Boys develop larger voice boxes. The growing voice box in boys can be seen as a protruding part of the throat called Adam's apple.
- v. Development of pimples and acne on the face due to the increased activity of sebaceous glands and sweat glands present in the skin.
- vi. At puberty, male sex organs like the testes and penis develop completely. The testes also begin to produce sperms. In girls, the ovaries enlarge and eggs begin to mature.
- vii. In girls, breasts begin to develop at puberty and boys begin to grow facial hair, that is, moustaches and beard.
- viii. Boys also develop hair on their chest. In both, boys and girls, hair grows under the arms and in the region above the thighs or the pubic region.