

## Reaching at the age of Adolescence EXERCISE # 1

### A. Single Choice Type Questions

- Q.1** Sexual maturity in males is obtained at the age of -  
 (A) 12-13 years (B) 13-14 years  
 (C) 14-15 years (D) 16-17 years
- Q.2** Which of the following is not a part of female reproductive system ?  
 (A) ovary (B) oviduct  
 (C) uterus (D) embryo
- Q.3** Sperms in males are produced in -  
 (A) testes (B) urethra  
 (C) epididymis (D) penis
- Q.4** Secretions of endocrine glands are called -  
 (A) enzymes (B) hormones  
 (C) catalysts (D) sugars
- Q.5** Which of these is the master gland ?  
 (A) pituitary (B) thyroid  
 (C) ovary (D) adrenal
- Q.6** Initially, the girls grow ..... than boys -  
 (A) faster (B) slower  
 (C) medium (D) none of these
- Q.7** Moustache, beard, wider shoulder, deeper voice all are the secondary sexual characteristics of an -  
 (A) adolescent boy (B) adolescent girl  
 (C) adult boy (D) adult girl
- Q.8** Which combination of chromosome is capable to determine the sex of a child ?  
 (A) XX (B) XY  
 (C) YY (D) YX
- Q.9** The first menstrual flow is called -  
 (A) menarche (B) puberty  
 (C) menopause (D) gestation

- Q.10** Which of these process in the body is controlled by hormones ?  
 (A) blood circulation (B) digestion  
 (C) excretion (D) growth

### B. Fill In The Blanks

- Q.11** ..... Maintains the level of sugar in the blood.
- Q.12** ..... Causes pimples in both boys and girls at puberty.
- Q.13** Thyroid gland produces ..... hormone.
- Q.14** Testes produce male sex hormone .....
- Q.15** ..... is also called the emergency hormone.
- Q.16** AIDS is caused by ..... virus.

### C. Match The Following

- | Column A           | Column B               |
|--------------------|------------------------|
| (1) Estrogen       | (a) Male sex hormone   |
| (2) XY chromosomes | (b) Puberty            |
| (3) Insulin        | (c) Diabetes           |
| (4) Adam's Apple   | (d) Male child         |
| (5) Testosterone   | (e) Female sex hormone |
|                    | (f) Goitre             |

## EXERCISE # 2

### A. Very Short Answer Types Questions

- Q.1 Define a adolescence.
- Q.2 What is puberty ? Who attain puberty first a boy or a girl ?
- Q.3 What substance is secreted by endocrine glands ?
- Q.4 What is the other name of ductless gland ?
- Q.5 Differentiate between menarche and menopause.
- Q.6 What is Adam's Apple ?
- Q.7 Name one male sex hormone.
- Q.8 Name the female sex hormone that ovaries secrete.
- Q.9 What does AIDS mean ?

### B. Short Answer Types Questions

- Q.10 Why do some adolescents get pimples on their face ?
- Q.11 What is Adam's Apple and where is it located ?
- Q.12 Why is pituitary gland generally called as the master gland ?
- Q.13 Define hormones.
- Q.14 What do you mean by endocrine system ?
- Q.15 Why is dwarfism caused ?
- Q.16 What is the function of insulin in human body ?
- Q.17 What is the phenomenon of metamorphosis ?

### C. Long Answer Types Questions

- Q.18 Describe the changes occurring in a child's body during puberty.
- Q.19 What is menstruation and menstrual cycle ?
- Q.20 What happens in the body of a female during menstrual cycle ?
- Q.21 How is the sex of a baby determined ?
- Q.22 Why is the father considered responsible for the sex of a baby ?
- Q.23 What are the changes that appear in a girl at puberty ?
- Q.24 Explain the secondary sexual characters in male and female individuals.
- Q.25 What are the functions of sex hormones in the development of girl child ?