

- (Q.) Why should teenagers take a bath at least once everyday?** (1 Mark)
- (Ans) Teenagers should take a bath at least once everyday to get rid of the smell caused due to increased secretion of sweat.
- (Q.) What are chromosomes?** (1 Mark)
- (Ans) Chromosomes are the thread-like structures that contain the instructions for determining the characteristics and sex of the individual.
- (Q.) What is the period of adolescence?** (1 Mark)
- (Ans) Adolescence begins at the age of 11-12 and lasts upto 18-19 years of age.
- (Q.) What do you understand by the term adolescence?** (1 Mark)
- (Ans) Adolescence is the period of life when the body undergoes changes, leading to reproductive maturity.
- (Q.) When does the puberty end?** (1 Mark)
- (Ans) Puberty ends when the person reaches reproductive maturity.
- (Q.) What causes increase in height of the person during puberty?** (1 Mark)
- (Ans) Elongation of bones of legs and arms causes increase in height of the person during puberty.
- (Q.) Why is it necessary to eat right kind of food during the growing years?** (1 Mark)
- (Ans) It is necessary to eat right kind of food during the growing years to provide proper and adequate nourishment to the body for growth and development.
- (Q.) What is the other name for voice box in males?** (1 Mark)
- (Ans) Other name for voice box in males is Adam's apple.
- (Q.) Why does the voice of boys become hoarse during the age of adolescence?** (1 Mark)
- (Ans) During the age of adolescence, voice box increases in size due to which muscles of the voice box go out of control and thus voice becomes hoarse during the age of adolescence.
- (Q.) How many pairs of chromosomes are there in the cells of human beings?** (1 Mark)
- (Ans) There are 23 pairs of chromosomes in the cells of humans.
- (Q.) What determines the sex of an unborn baby?** (1 Mark)
- (Ans) Sex chromosomes present in the cells of the baby determine the sex of an unborn baby.
- (Q.) Why is iron necessary for the body?** (1 Mark)
- (Ans) Iron is necessary for the body to build blood.
- (Q.) Name the male and female hormones that are secreted at the onset of puberty** (1 Mark)
- (Ans) Testosterone is the male hormone and Estrogen is the female hormone that are secreted at the onset of puberty.

- (Q.) What is the function of mammary glands?** (1 Mark)
- (Ans) Mammary glands secrete milk in females.
- (Q.) Name the gland whose secretion control the secretion of sex hormones.** (1 Mark)
- (Ans) Secretion of the Pituitary gland controls the secretion of sex hormones.
- (Q.) Name the hormone that causes metamorphosis in frogs.** (1 Mark)
- (Ans) Thyroxin hormone causes metamorphosis in frogs.
- (Q.) What will be the sex of the individual with sex chromosomes as XY?** (1 Mark)
- (Ans) The individual with XY chromosomes will be a male.
- (Q.) What is the period of reproductive phase in females?** (1 Mark)
- (Ans) Period of reproductive phase in females is from menarche to menopause.
- (Q.) What is menstruation?** (2 Marks)
- (Ans) Periodic flow of blood from the uterus in females is called menstruation.
- (Q.) Why endocrine glands are called ductless glands? Give two examples.** (2 Marks)
- (Ans) Endocrine glands do not have ducts. These secrete their secretions called hormones directly into the bloodstream. Hence these are called ductless glands. The two examples of endocrine glands are pituitary gland and thyroid gland.
- (Q.) A girl is 13 years old and 135 cm tall. At the end of growth period how much tall will she be?** (2 Marks)
- (Ans) Formula for height = $(\text{Present height} \times 100) / (\% \text{ of full height at this age})$
- $$= (135 \times 100) / 95$$
- $$= 142 \text{ cm tall}$$
- (Q.) What is the difference between the voice of a girl and a boy? Why this happens?** (2 Marks)
- (Ans) Voice of a girl is high pitched whereas voice of a boy is deep. It happens due to difference in sizes of the voice box in girls and boys.
- (Q.) What is the importance of adrenal glands in humans?** (2 Marks)
- (Ans) Adrenal glands are important because of the following reasons:
- These control salt balance in the blood.
- These help in adjusting to stress when one is angry or worried.

(Q.) Write the causes of:

(a)Diabetes

(B)Goiter

(2 Marks)

(Ans) (a) Diabetes – Decreased secretion of insulin from pancreas.

(b) Goiter – Lack of iodine in the diet.

(Q.) What mental changes occur during puberty?

(2 Marks)

(Ans) During puberty, adolescents become more independent and self-conscious. They have the greatest learning capacity at this stage.

(Q.) Why a girl should not become pregnant during teenage?

(2 Marks)

(Ans) A girl should not become pregnant during teenage because early motherhood can cause health problems in the mother and the child. It is because a girl is not mentally and physically prepared for motherhood.

(Q.) Why young people get acne and pimples during puberty?

(2 Marks)

(Ans) During puberty, secretion of sweat and sebaceous glands increases in the skin. Due to this, young people get acne and pimples during puberty.

(Q.) What health measures should be taken to maintain good reproductive health?

(3 Marks)

(Ans) Following health measures should be taken to maintain good reproductive health:

Person should take proper balanced diet.

Person should take adequate physical exercise.

Person should maintain personal hygiene.

(Q.) Explain the process of menstruation.

(3 Marks)

(Ans) In females, one ovum matures in a month and is released in the oviduct. During this period, the wall of the uterus becomes thick. In case, ovum is not fertilized, the thickened lining of the uterus along with its blood vessels shed off. This causes bleeding in women which is known as menstruation.

(Q.) What are the sources of: (a) Iron (b) Proteins (c) Carbohydrates?

(3 Marks)

(Ans) (a) Sources of Iron – leafy vegetables, jaggery, etc.

(b) Proteins – Pulses, meat, etc

(c) Carbohydrates – Cereals, milk, etc.

(Q.) List three secondary sexual characters of boys and girls?

(3 Marks)

(Ans) • In both, hair grow under the arms and in the pubic region.

• Hormones secreted by developing sex organs responsible for male and female characteristics.

- In girls, breasts begin to develop and boys begin to grow moustaches, beard and hair on their chest.

(Q.) How do hormones act to bring about onset of puberty? (3 Marks)

(Ans) Hormones from the pituitary stimulate testis and ovaries to release testosterone in male and estrogen in females. Through blood stream, these hormones reach the target sites. Then they stimulate the chemical and functional changes in the body for the onset of the puberty.

(Q.) What is AIDS? Write three ways by which it is transmitted? (5 Marks)

(Ans) AIDS is a sexual disease caused by a virus called HIV.

It is transmitted by the following three ways:

By sharing syringes between an infected person and a healthy person.

From an infected mother to an infant through her milk.

Transmitted through sexual contact with an infected person.

(Q.) What are secondary sexual characters? Name two secondary sexual characters of each, girls and boys.

(5 Marks)

(Ans) Secondary sexual characters are the visible characters that help to differentiate between a male and a female.

Two secondary sexual characters of girls are:

Region below the waist becomes wider.

Increase in size of breast due to development of mammary glands.

Two secondary sexual characters of boys are:

Growth of hair under arms and on face.

Shoulders get broadened.

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