

Short Answer Questions

Q. 1. Mention any two features that are seen in boys and girls each to distinguish them from each other at puberty. [NCERT Exemplar]

Ans. Two features seen in boys at puberty are:

- a. Growth of facial hairs.
- b. Voice becomes hoarse.

Two features seen in girls at puberty are:

- a. Development of breasts.
- b. Region below the waist becomes wider.

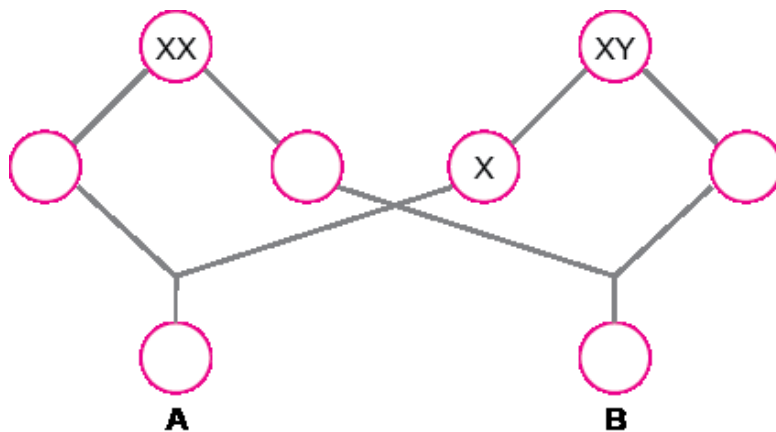
Q. 2. We should avoid taking medicines/drugs unless prescribed by a doctor. Give reasons. [NCERT Exemplar]

Ans. Several medicines have adverse side effects and have specific dosage levels which if not followed may harm the body. Drugs can be addictive too and can ruin our health and happiness.

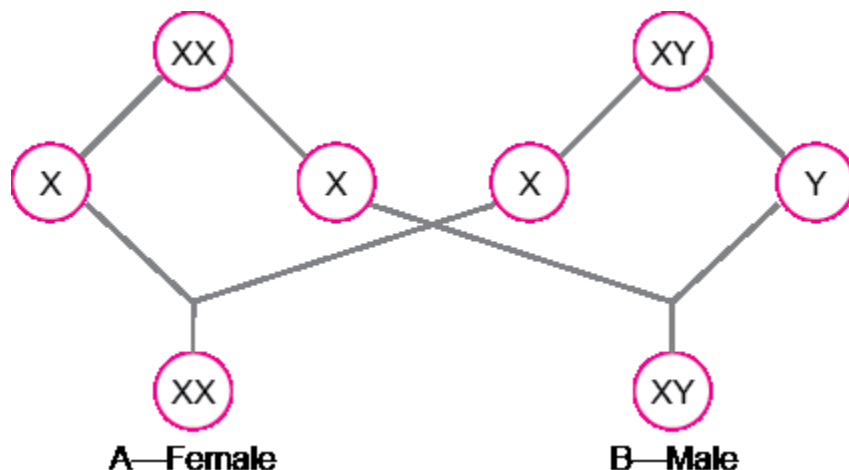
Q. 3. A few of Paheli's classmates eat potato chips and burgers regularly during the recess at school. Are they healthy eating habits? Give reasons. [NCERT Exemplar]

Ans. No. They are not healthy eating habits because potato chips and burgers have very little nutritional value.

Q. 4. Fill the blank circles in figure and identify the sex of child A and B. [NCERT Exemplar]



Ans.



Q. 5. What is menstruation? Explain. [NCERT Exemplar]

Ans. Menstruation is the process of the shedding of the uterine lining on a regular monthly basis. It begins at puberty and is the reproductive cycle of the female body. Every month, the uterus prepares itself to receive a fertilised egg. Therefore, the inner lining of the uterus becomes thick and is supplied with blood to nourish the embryo. If the egg is not fertilised, then the lining of the uterus breaks down and gets released in the form of blood through the vagina. This lasts for about two to eight days. This cycle occurs every month and is known as the menstrual cycle.

Q. 6. Name the hormone which would be released during the following situations: [NCERT Exemplar]

- (i) A frightened person
- (ii) Growth of a child to adult
- (iii) Development of caterpillar to moth
- (iv) Development of tadpole to frog

Ans. (i) Adrenaline

(ii) Growth hormone

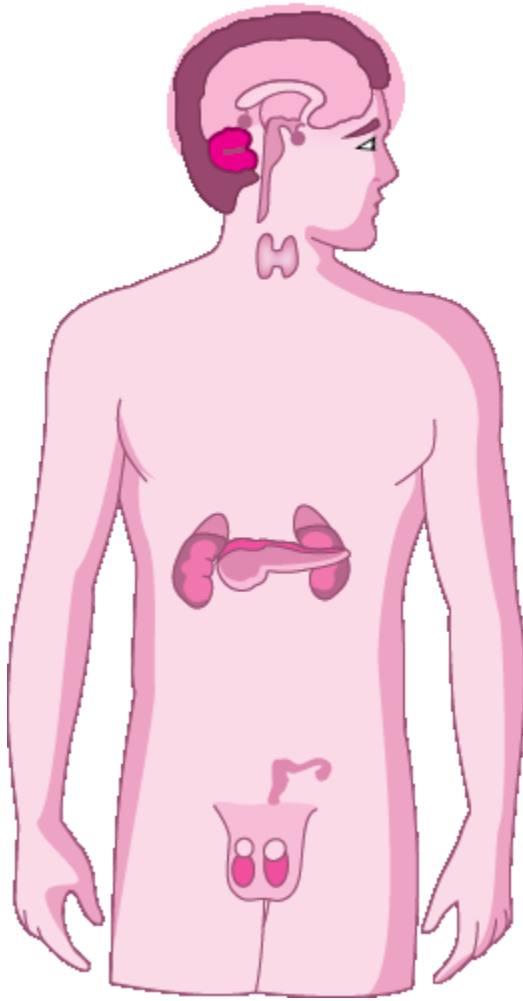
(iii) Insect hormones

(iv) Thyroxine

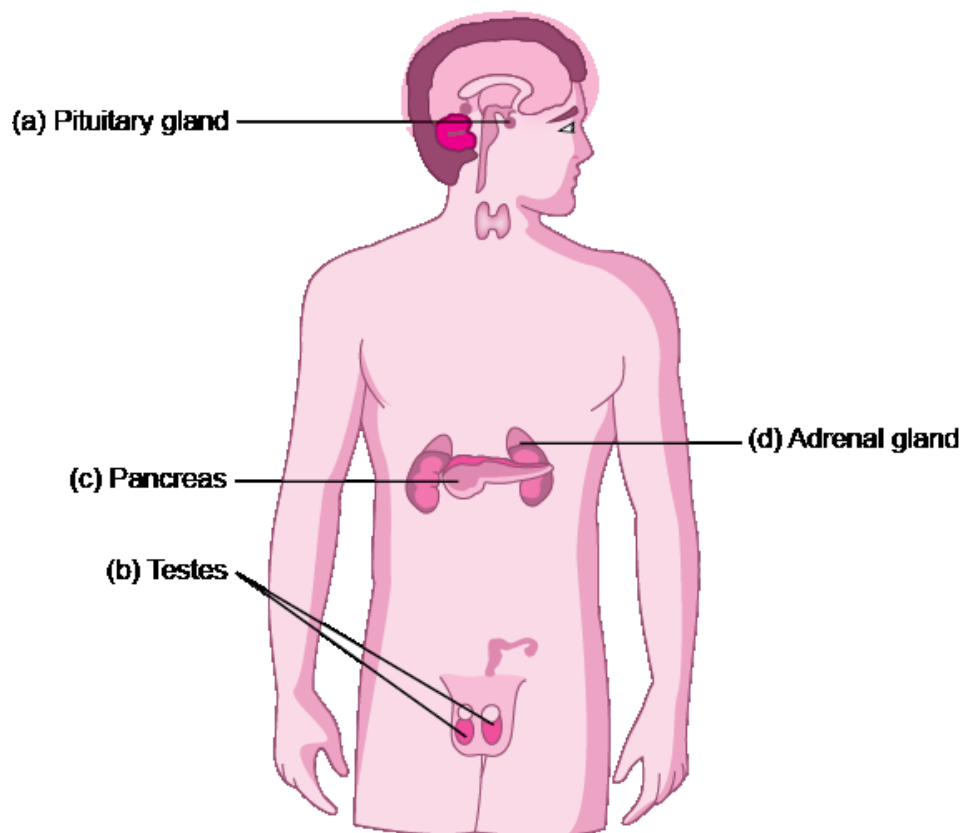
Q. 7. In the figure given below mark the positions of the endocrine glands which release the hormones that [NCERT Exemplar]

- a. Controls the release of sex hormones.
- b. Is responsible for the secondary sexual characters in boys.

- c. Prevents diabetes.
- d. Maintains the correct salt balance in the blood.



Ans.



Q. 8. Salma had a very soft and smooth skin during her childhood. As she entered adolescence, she developed pimples on her face. The skin specialist advised her to wash her face at regular intervals. Can you explain the reasons for the appearance of pimples on her face and suggest ways to prevent them?
[NCERT Exemplar]

Ans. During adolescence, the secretion of sweat glands and sebaceous glands increases leading to formation of acne and pimples. Regular face wash keeps the face clean and dry and helps to reduce the pimples.

Q. 9. Give a suitable word for each of the following statements. [NCERT Exemplar]

- (i) The site which responds to a hormone
- (ii) Name of a gland which transports secretions through ducts
- (iii) Chemicals which control changes at adolescence stage
- (iv) It marks the beginning of reproductive period

Ans. (i) Target site
(ii) Sweat glands/salivary glands/oil glands (any one)

(iii) Hormones

(iv) Puberty