

Reaching the Age of Adolescence

Question 1.

Reproductive age in women starts when their:

- (a) menstruation starts
- (b) breasts start developing
- (c) body weight increases
- (d) height increases

▼ [Answer](#)

(b) breasts start developing

Reproductive age in women starts when their menstruation starts.

Question 2.

The right meal for adolescents consists of:

- (a) chips, noodles, coke
- (b) chapati, dal, vegetables
- (c) rice, noodles and burger
- (d) vegetable cutlets, chips and lemon drink

▼ [Answer](#)

(b) chapati, dal, vegetables

The right meal for adolescents consists of chapati, dal, vegetables.

Question 3.

Which of the following combination of chromosomes lead to the birth of a baby girl:

- (a) XX
- (b) XY
- (c) X
- (d) Y

▼ [Answer](#)

(a) XX

Combination of chromosomes XX lead to the birth of a baby girl.

Question 4.

Which of the following combination of chromosomes lead to the birth of a baby boy:

- (a) XX
- (b) XY
- (c) X
- (d) Y

▼ [Answer](#)

(b) XY

Combination of chromosomes XY lead to the birth of a baby boy.

Question 5.

All human beings have pairs of chromosomes in the nuclei of their cells.

- (a) 22
- (b) 2
- (c) 23
- (d) 46

▼ [Answer](#)

(c) 23

23. All human beings have 23 pairs of chromosomes in the nuclei of their cells. Out of this 22 pairs of chromosomes are called autosomes. 1 pair is called sex chromosome.

Question 6.

The unfertilised egg always has X chromosome.

- (a) two
- (c) four
- (b) one
- (d) none of these

▼ [Answer](#)

(b) one

The unfertilized egg always has one X chromosome.

Question 7.

'Goitre' is a disease of

- (a) adrenal gland
- (c) pancreas
- (b) thyroid gland
- (d) none of these

▼ [Answer](#)

(b) thyroid gland

'Goitre' is a disease of thyroid gland.

Question 8.

Which of the following provides iron to our body:

- (a) leafy vegetables
- (b) citrus
- (c) meat
- (d) all of these

▼ [Answer](#)

(a) leafy vegetables

Leafy vegetables, citrus, meat all of these provide iron to our body.

Question 9.

Adrenalin hormone is produced by:

- (a) pituitary gland
- (b) thyroid gland
- (c) adrenal gland
- (d) pancreas

▼ [Answer](#)

(c) adrenal gland

Adrenalin hormone is produced by adrenal gland.

Question 10.

When the sperm contributes a Y-chromosome to the egg (ovum) at fertilisation then the zygote would develop into a:

- (a) female child
- (b) male child
- (c) either female or male child
- (d) none of these

▼ [Answer](#)

(b) male child

Male child is developed when the sperm contributes a Y chromosome to the egg (ovum) at fertilisation.

Question 11.

Which of the following is incorrect:

- (a) Girls have high pitched voice
- (b) Boys have a deep voice
- (c) The voice box of girls is larger than that of boys
- (d) The voice box in boys can be seen as a protruding part of the throat called Adam's apple

▼ [Answer](#)

(c) The voice box of girls is larger than that of boys

The voice box of girls is smaller than that of boys.

Question 12.

The changes which occur at adolescence are controlled by:

- (a) enzymes
- (b) balanced diet
- (c) hormones
- (d) none of these

▼ Answer

(c) hormones

The changes which occur at adolescence are controlled by hormones.

Question 13.

Which of the following is balanced diet:

- (a) ice-cream and cold drink
- (b) meat and egg
- (c) roti/rice, dal, vegetables
- (d) none of these

▼ Answer

(c) roti/rice, dal, vegetables

Roti/ Rice, dal, vegetables is balanced diet.

Question 14.

The legal age for marriage of girls in our country is:

- (a) 21 years
- (b) 18 years
- (c) 20 years
- (d) 16 years

▼ Answer

(b) 18 years

18 years is the legal age for marriage of girls in our country.

Question 15.

AIDS is caused by a dangerous:

- (a) virus HIV
- (b) virus VIH
- (c) protozoa
- (d) bacteria

▼ Answer

(a) virus HIV

AIDS is caused by a dangerous virus HIV.

Question 16.

Hormones reach to different parts:

- (a) with lymph
- (b) by ducts
- (c) with blood
- (d) none of these

▼ [Answer](#)

(c) with blood
Hormones reaches to different parts of the body with blood.

Question 17.

In our body hormones are formed in:

- (a) endocrine glands
- (b) exocrine glands
- (c) kidneys
- (d) none of these

▼ [Answer](#)

(a) endocrine glands
In our body hormones are formed in endocrine glands.

Question 18.

Which of the following endocrine gland is called master gland:

- (a) pituitary gland
- (b) adrenals glands
- (c) thyroid gland
- (d) pancreas

▼ [Answer](#)

(a) pituitary gland
Pituitary gland is called master gland.

Question 19.

Which gland secretes insulin:

- (a) thyroid gland
- (b) pancreas
- (c) adrenals
- (d) thymus gland

▼ [Answer](#)

(b) pancreas
Pancreas secretes insulin.

Question 20.

Which of the following controls sugar in blood:

- (a) sex hormone
- (b) pancreas
- (c) growth hormone
- (d) insulin

▼ Answer

(d) insulin

Insulin controls sugar in blood.

Question 21.

Which of the following disease is caused by deficiency of iodine:

- (a) goitre
- (b) diabetes
- (c) scurvy
- (d) beri-beri

▼ Answer

(a) goitre

Goitre disease is caused by deficiency of iodine.

Question 22.

Which of the following is secreted by endocrine glands:

- (a) hormones
- (b) enzymes
- (c) digestive juices
- (d) all of the above

▼ Answer

(a) hormones

Hormones are secreted by endocrine glands.

Question 23.

Which of the following hormones is secreted by pituitary gland:

- (a) insulin
- (b) thyroxine
- (c) growth
- (d) adrenalin

▼ Answer

(c) growth

Growth hormone is secreted by pituitary gland.

Question 24.

The necessary element for the formation of thyroxine hormone is:

- (a) iron
- (b) iodine
- (c) calcium
- (d) magnesium

▼ [Answer](#)

(b) iodine

Iodine element is necessary for the formation of thyroxine hormone.

Question 25.

Which of the following gland secretes thyroxine hormone:

- (a) adrenal
- (b) thyroid
- (c) pituitary
- (d) pancreas

▼ [Answer](#)

(b) thyroid

Thyroid gland secretes thyroxine hormone.

Question 26.

Which of the following hormone helps at the time of excitement, tear, tension etc:

- (a) adrenalin
- (b) insulin
- (c) growth
- (d) thyroxine

▼ [Answer](#)

(a) adrenalin

Adrenalin hormone helps at the time of excitement, tear, tension etc.

Question 27.

Menarche is:

- (a) beginning of menstrual flow
- (b) stoppage of menstrual flow
- (c) attachment of embryo with the uterus
- (d) none of these

▼ [Answer](#)

(a) beginning of menstrual flow

Menarche is beginning of menstrual flow.

Question 28.

Menopause is:

- (a) beginning of menstrual flow
- (b) stoppage of menstrual flow
- (c) attachment of embryo with the uterus
- (d) none of these

▼ Answer

(b) stoppage of menstrual flow
Menopause is stoppage of menstrual flow.

Question 29.

'Puberty' is the age at which the:

- (a) reproductive system stops
- (b) reproductive system becomes functional
- (c) person starts talking
- (d) none of these

▼ Answer

(b) reproductive system becomes functional
'Puberty' is the age at which the reproductive system becomes functional.

Question 30.

Adolescents should be careful about what they eat, because:

- (a) proper diet develops their brains
- (b) proper diet is needed for the rapid growth taking place in their body
- (c) adolescents feel hungry all the time
- (d) taste buds are well-developed in teenagers.

▼ Answer

(b) proper diet is needed for the rapid growth taking place in their body
Adolescents should be careful about what they eat, because proper diet is needed for the rapid growth taking place in their body.

Match the Column-A with Column-B:

Question 1.

Column-A	Column-B
(a) Pituitary gland	(i) Testosterone
(b) Thyroid	(ii) Insulin
(c) Pancreas	(iii) Estrogen
(d) Adrenal	(iv) Thyroxine
(e) Ovary	(v) Growth hormone
(d) Testis	(vi) Adrenaline

▼ Answer

Column-A	Column-B
(a) Pituitary gland	(v) Growth hormone
(b) Thyroid	(iv) Thyroxine

(c) Pancreas	(ii) Insulin
(d) Adrenal	(vi) Adrenaline
(e) Ovary	(iii) Estrogen
(d) Testis	(i) Testosterone

Question 2.

Column-A	Column-B
(a) XX chromosomes in zygote	(i) Male hormone
(b) XY chromosomes in zygote	(ii) Female hormone
(c) Estrogen	(iii) Male child
(d) Testosterone	(iv) Female child

▼ Answer

Column-A	Column-B
(a) XX chromosomes in zygote	(iv) Female child
(b) XY chromosomes in zygote	(iii) Male child
(c) Estrogen	(ii) Female hormone
(d) Testosterone	(i) Male hormone

Question 3.

Column-A	Column-B
(a) Proteins	(i) Carrots
(b) Carbohydrates	(ii) Dal
(c) Vitamins	(iii) Leafy vegetables
(d) Iron	(iv) Roti

▼ Answer

Column-A	Column-B
(a) Proteins	(ii) Dal
(b) Carbohydrates	(iv) Roti
(c) Vitamins	(i) Carrots
(d) Iron	(iii) Leafy vegetables

State whether the following statements are True or False:

Question 1.

The voice of girls becomes high pitched at puberty.

▼ Answer

True

Question 2.

The unfertilised egg is called foetus.

▼ [Answer](#)

False

Question 3.

The egg cells are larger than sperms.

▼ [Answer](#)

True

Question 4.

In human females, one mature egg is produced every four weeks by each of the ovaries.

▼ [Answer](#)

False

Question 5.

At puberty, the larynx begins to grow.

▼ [Answer](#)

True

Question 6.

Humans become capable of reproduction after puberty sets in.

▼ [Answer](#)

True

Question 7.

Pancreas secretes thyroxine.

▼ [Answer](#)

False

Question 8.

AIDS is caused by HIV virus.

▼ [Answer](#)

True

Question 9.
The mother is responsible for the sex of her child.

▼ [Answer](#)

False

Question 10.
Metamorphosis in insects is controlled by insect hormones.

▼ [Answer](#)

True

Question 11.
Chips and tinned snacks have adequate nutritional value.

▼ [Answer](#)

False

Question 12.
Adrenalin hormone is necessary for growth of a person.

▼ [Answer](#)

False

Question 13.
Deficiency of hormone insulin causes 'diabetes'.

▼ [Answer](#)

True

Question 14.
A female has two X chromosomes.

▼ [Answer](#)

True

Question 15.

The sex chromosome of the father determine the sex of an unborn baby.

▼ [Answer](#)

True

Fill in the blanks:

Question 1.

In male, the sex chromosomes consists of one X and one chromosome.

▼ [Answer](#)

Y

Question 2.

Hormones are produced by

▼ [Answer](#)

endocrine glands

Question 3.

The master gland in the body is

▼ [Answer](#)

pituitary gland

Question 4.

..... disease is caused due to the deficiency of hormone thyroxine.

▼ [Answer](#)

Goitre

Question 5.

Protruding voice box in boys is called

▼ [Answer](#)

Adam's apple

Question 6.

Glands without ducts are

▼ [Answer](#)

endocrine

Question 7.

Endocrine gland attached to brain is

▼ [Answer](#)

pituitary

Question 8.

Female hormone is

▼ [Answer](#)

estrogen

Question 9.

Male hormone is

▼ [Answer](#)

testosterone

Question 10.

Another term for teenage is

▼ [Answer](#)

adolescence

Question 11.

..... is the term for changes at adolescence.

▼ [Answer](#)

Puberty

Question 12.

Voice box is

▼ [Answer](#)

larynx

Question 13.

Pancreatic hormone is

▼ Answer

insulin

Question 14.

Hormones reaches through blood stream at

▼ Answer

target sites

Question 15.

..... gland secretes thyroxine

▼ Answer

Thyroid

Question 16.

..... is the secretion of endocrine glands.

▼ Answer

Hormones

Question 17.

..... is the first menstrual flow at puberty.

▼ Answer

Menarche

Question 18.

..... is stoppage of menstruation.

▼ Answer

Menopause

Question 19.

Fertilised egg gets embedded in the for further development.

▼ Answer

uterus

Question 20.

Thyroid and adrenals secrete their hormones when they receive orders from the through its hormones.

▼ [Answer](#)

pituitary
