

Chapter 10

MULTIPLE CHOICE QUESTIONS

1. c 2. b 3. d 4. d
5. b 6. d

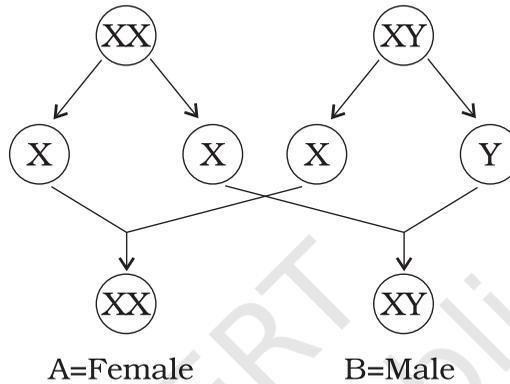
VERY SHORT ANSWER QUESTIONS

7. (a) menarche, menopause (b) metamorphosis
(c) muscles, larynx (d) Adrenalin
8. (a) fertilised egg.
(b) blood stream, target site.
(c) Testosterone, estrogen, secondary sexual.
(d) pituitary gland.
9. (a) Target site
(b) Sweat glands/salivary glands/oil glands (any one)
(c) Hormones
(d) Puberty
10. Testosterone.
11. Estrogen.

SHORT ANSWER QUESTIONS

12. a-i; b-iv; c-ii; d-i.
13. Lila's diet is not a balanced diet because her meals does not contain the adequate nutritional requirement. She takes only proteins and carbohydrates in every meal. She requires to take vitamins and minerals in her meals to protect her from various diseases. Thus, I would suggest her to include fruits and vegetables in her meals.
14. Two features seen in boys at puberty are:
(i) Growth of facial hairs
(ii) Voice becomes hoarse.
- Two features seen in girls at puberty are:
(i) Development of breasts.
(ii) Region below the waist becomes wider.

15. 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.
16. No. They are not healthy eating habits because potato chips and burgers have very little nutritional value.
17. (a) nutrients, (b) thyroxine, (c) ductless, (d) high-pitched, deep
- 18.

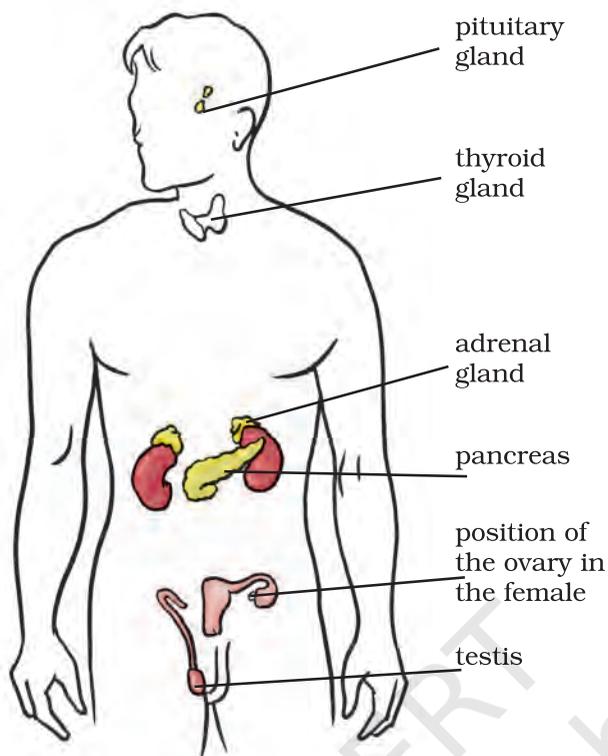


LONG ANSWER QUESTIONS

19.

Body Changes	
Boys	Girls
Broad shoulders	Wider region below waist
Wider chests	Development of mammary glands
Growth of muscles	Acne and pimples on face
Growth of facial hair	Development of sex organs
Acne and pimples on face	High-pitched voice
Development of sex organs	Development of pubic hair
Development of pubic hair	

20.



21.

S. No.	Food items	Major Nutrient	Functions
1.	Pulses and nuts	Proteins	Growth, repair of body cells
2.	Orange and Amla	Iron and Vitamins	Formation of blood keeps the body healthy
3.	Sugar, Roti	Carbohydrates	Provide energy
4.	Oils	Fats	Provide energy
5.	Vegetables	Vitamins and Minerals	Keeps the body healthy and disease free

22. (a) Adrenaline (b) Growth hormone
(c) Insect hormones (d) Thyroxine
23. No, this thickening of the uterine wall is not permanent.
If the egg gets fertilised, it starts developing and gets embedded in the uterine wall resulting in pregnancy. During pregnancy no more eggs are released and the thickened lining is discharged only when the baby is born. However, if fertilisation does not occur, the released egg and the thickened lining are shed off resulting in menstruation.
24. The swelling on the neck of Radha may have been because of goiter, a condition of the thyroid gland during which the gland produces insufficient quantity of thyroxine. However, the protrusion in John's throat would be Adam's apple, a result of growth of voice box in adolescent boys.
25. (a) The red line represents the height of boys.
(b) The blue line represents the height of girls.
(c) At the onset of puberty, girls grow faster in height than the boys and by the age of 18 years, approximately both reach their maximum height.
(d) No, the rate of growth in height varies among individuals. Some may grow in height suddenly at puberty and then slow down, while others may grow gradually.
26. 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.
27. In our country, the legal age for marriage is 18 years for girls and 21 years for boys. This is because teenage mothers are not prepared mentally or physically for motherhood. Early marriage and motherhood causes health problems in both mother and the child. It also curtails employment opportunities for the young woman and may cause mental agony as she is not ready to shoulder responsibilities of motherhood.
Also, the boys before that age may not be mentally matured and financially secure enough to take on the responsibilities of a family.
28. (Open Ended) students may write about the effects of nutrition, hormones, exercises, disease, etc. on the height.