

St Mary's coed school harda

Class VIII

Subject science

Chapter 5 Reaching the age of Adolescence

Q1 fill in the blanks

- 1 Adam apple
- 2 Ductless
- 3 Target
- 4 testosterone
- 5 Estrogen and Progesterone

Q2 True and false

- 1 true
- 2 false
- 3 true
- 4 true
- 5 true
- 6 true

Q3 matching Answer

- 1 excess secretion of growth hormone
- 2 Thyroxine
- 3 Releasing hormone
- 4 Diabetes
- 5 Thyroxine
- 6 BP and heart rate

Q4 Differentiate the following

In male

Facial hair and Adam's apple in male

Beard and moustache may also sprout

Hair growth in arm pits and genitals.

In female

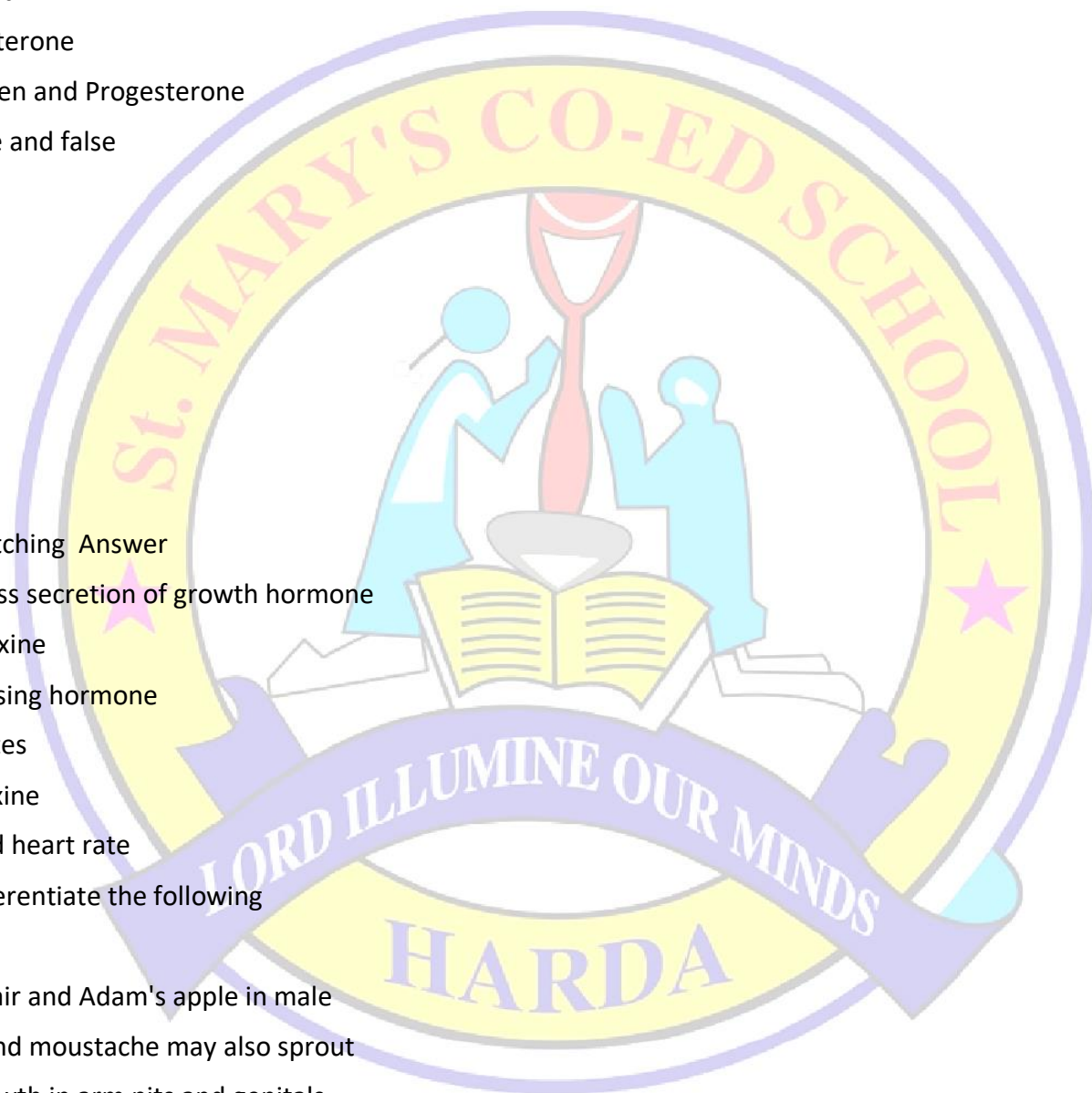
Develop breasts

Hips become rounded

Hair growth under arms and in genital area

SHORT ANSWER TYPE QUESTIONS

- 1 Boys and girls become mature physically and their bodies undergo several changes to prepare the individual for sexual reproduction



2 changes occur in adolescence

In male

Facial hair and Adam's apple in male

Beard and moustache may also sprout

Hair growth in arm pits and genitals.

In female

Develop breasts

Hips become rounded

Hair growth under arms and in genital area

Q3.

Sex hormone are chemical substance produce by sex organ

In male. Testosterone produce by testies

In female estrogen produce by ovaries

These hormone help in growth of reproductive organ

Q4

Social problem associated with adolescence

Unhealthy behavior

Eating habit

Drug habit

Irritation etc

Q5

The diet which content all nutrients

Q6

Lack of iodine

Q7 pituitary gland control other glands

ANSWER IN DETAIL

Q1

Some condition to make your body fit are

Cleanliness

Good food habit

Exercise

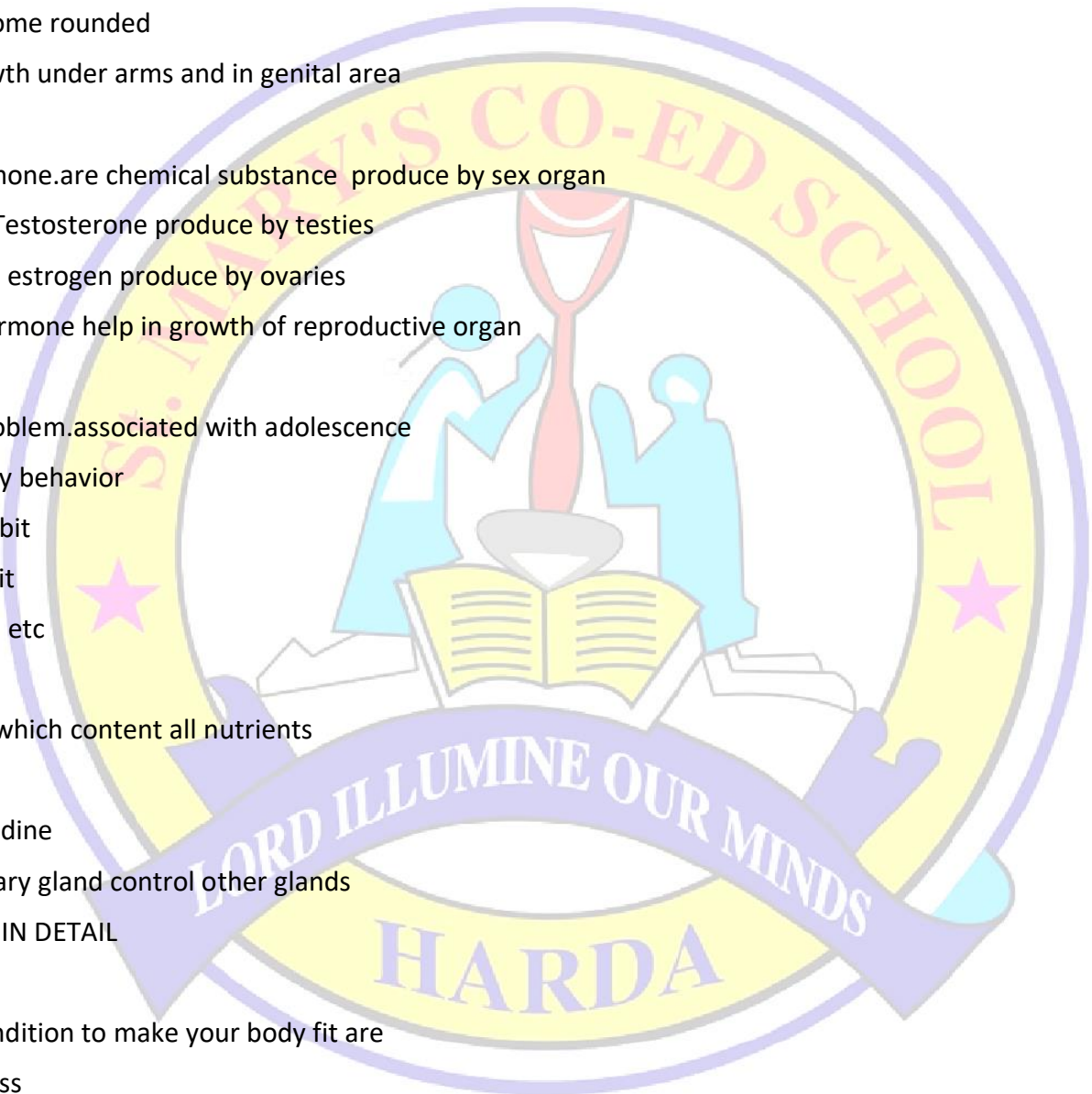
Meditation

Avoid junk food

Avoid alcoholic things

Q2 The rapid increase in population over a relatively short period is called population explosion

Its disadvantages are



Decrease per capital income

Depletion of natural resources

It affects the individual

Pollution problem

Q3 young people sweat profusely and get pimples because in adolescence sweat and sebaceous glands are very active

Q4

through blood. The given below:

Endocrine glands, their hormones and their functions

Name of gland	Hormones	Functions
Hypothalamus (part of the brain)	Releasing hormones	Control pituitary hormones
Pituitary (nick-named as Master gland)	Growth hormone and many stimulating hormones	Controls functioning of several endocrine glands
Thyroid (one pair)	Thyroxine	Controls all the functions of the body; excess or less leads to many complications.
Para Thyroid (2 pairs)	Parathormone	Controls the balance of calcium levels in the blood.
Adrenals (in pair)	adrenaline	Regulates heartbeat, blood pressure and rate of respiration; controls carbohydrate and sodium metabolism.
Pancreas	Insulin	Controls glucose levels in blood.
Testes (only in males)	Testosterone	Regulates and promotes the development of secondary sexual characters.
Ovaries (only in females)	Estrogen	Regulates the development of secondary sexual characters and ovulation.
	Progesterone	Maintenance of pregnancy

Q5

Name of gland
Hypothalamus (part of the brain)
Pituitary (nick-named as Master gland)
Thyroid (one pair)
Para Thyroid (2 pairs)
Adrenals (in pair)
Pancreas
Testes (only in males)
Ovaries (only in females)

HoTS

1 Because embryo is formed in test tube instead of female fallopian tube

2 Because drugs affect our health socially and mentally

Q3

Because it has dual function secreting hormone into blood

And secreting enzyme through duct

NCERT QUESTION

1 Hormones

2 The stage between childhood and adulthood

3 It is the process of shedding the uterine lining of regular monthly basis. It begins at puberty

NCERT MCQ and it is reproductive cycle in female. Every month uterus prepares itself to receive a fertilized egg.

1 proper diet is needed for rapid growth taking place in their body

2 Menstruation starts

3 chapati dal, vegetable

