

QUESTION BANK

REACHING THE AGE OF ADOLESCENCES

1. What is Adam's apple?

Answer:

The protruding part of the throat in males is called Adam's apple.

2. Name the hormone in female that is produced by ovaries and helps in development of mammary glands.

Answer:

Estrogen

3. Whose height grow faster initially—boys or girls?

Answer:

Girls

4. Name a gland which transports secretions through ducts.

Answer:

Sweat glands/salivary glands/ oil gland (any one).

5. What is puberty?

Answer:

The age at which boys and girls become capable of reproduction.

6. What are hormones?

Answer:

The chemical substances produced by endocrine glands are called hormones.

7. How long is a woman's reproductive life lasts?

Answer:

Menarche to menopause.

8. Name the female hormone.

Answer:

Estrogen

9. Which gland is called master gland?

Answer:

Pituitary gland

10. What is a balanced diet?

Answer:

The meal that includes all nutrients is called a balanced diet.

11. What is menstruation?

Answer:

Extrusion of uterus lining and blood along with the unfertilised egg from the vagina is called menstruation.

12. What is menarche?

Answer:

The first menstrual flow begins at puberty and is termed as menarche.

13. What is menopause?

Answer:

Stoppage of menstruation is called menopause.

14. What causes goitre?

Answer:

Deficiency of thyroxine hormone.

15. Which gland secretes thyroxine?

Answer:

Thyroid gland

16. What are chromosomes?

Answer:

The thread-like structures in the nucleus are called chromosomes.

17. How many chromosomes are present in human cell?

Answer:

23 pairs or 46 chromosomes.

18. How many sex chromosomes are there in human cell?

Answer:

Two, i.e., one pair.

19. Which hormone is necessary for normal growth of a person?

Answer:

Growth hormone.

20. Which gland secretes insulin?

Answer:
Pancreas

21. What causes diabetes?

Answer:
Deficiency of insulin.

22. Name the chromosome present in a female.

Answer:
X chromosome

23. Name the chromosome present in a male.

Answer:
X and Y chromosomes

24. Which chromosome does the unfertilised egg contain?

Answer:
X chromosome

25. Which hormone balances the proportion of salts in the blood?

Answer:
Adrenaline

Short Answer Questions

1. What is meant by adolescence?

Answer:

Growing up is a natural process. The period of life, when the body undergoes several changes leading to reproductive maturity, is called adolescence. The adolescence period is 11 to 19 years of age.

2. What is puberty?

Answer:

The period during which adolescent boys and girls attain sexual maturity and become capable of reproduction is called puberty. Puberty age of female is 10 to 12 years while male puberty age is 12 to 14 years.

3. What is vital change which marks puberty in boys and girls?

Answer:

During puberty, the human body undergoes several changes, but the most important changes which marks puberty is that boys and girls become capable of reproduction.

4. Why do boys have a hoarse voice at puberty?

Answer:

The voice box or larynx begins to grow at the onset of puberty. This growing voice box in boys can be seen as a protruding part of the throat called Adam's apple. This leads to voice becoming hoarse.

5. How does the body shape change at puberty?

Answer:

Body shape changes differently in boys and girls at puberty. Boys have broader shoulders and wider chests. Their muscles grow more prominently than girls. In girls, the region below the waist becomes wider.

6. Why is adolescence also called teenage?

Answer:

Adolescence period is generally 11 to 19 years of age. Because the period covers the teens, i.e., 13 to 19 years of age, adolescents are also called teenagers.

7. Why do many young people have acne and pimples during adolescence?

Answer:

During puberty the secretion of sweat glands and sebaceous glands (oil glands) increases. It develops acne and pimples on the face of young boys and girls.

8. Why are endocrine glands also called ductless glands?

Answer:

Endocrine glands release hormones directly into the blood stream. So, they are termed as ductless glands. For example, pituitary, thyroid, pancreas, etc.

9. What are secondary sexual characters?

Answer:

At puberty, in girls, breasts begin to develop, the region below the waist become wider, voice become shriller. Boys begin to grow facial hair, i.e., moustache and beard. Boys also develop hair on their chest, the muscles of the body grow more prominently, develop larger voice box which can be seen as a protruding part of the throat called Adam's apple. In both boys and girls, hair grows under the arms and in the pubic region. As these features distinguish the male from the female they are called secondary sexual characters.

10. Explain the development of sex organs in male and female.

Answer:

The male and the female sex organs develop completely at puberty. Male sex organ like testes and penis develop completely. The testes begin to produce the male gametes or sperm. Similarly in girls the ovaries enlarge and egg begins to mature. Ovaries start releasing matured eggs or ovum.

11. What is a pituitary gland?

Answer:

Different types of hormones are secreted by different types of glands. The product of all these hormones is under the control of another hormone secreted from an endocrine gland called pituitary gland.

12. What are sex hormones? How do they work in the human body?

Answer:

Sex hormones help boys and girls develop sex organs to enable them for reproduction. These hormones lead them to reproductive maturity. In girls, estrogen makes the breasts develop. Milk secreting glands or mammary glands develop inside the breasts. Ovaries begin to produce eggs. In boys, testosterone is released by testes. Testes begin to release sperms. Changes in boys is also seen due to this hormone.

13. What is menstruation?

Answer:

At puberty, in girls the ovaries get enlarged and start producing eggs (ovum). One egg matures and is released by one of the ovaries once in about 28 to 30 days. During this period, the wall of the uterus becomes thick so as to receive the egg. If the egg is fertilised then it begins to develop and results in pregnancy. If this egg is not fertilised, the released egg and thickened lining of the uterus along with its blood vessels are shed off causing bleeding in female which is called menstruation. It occurs once in about 28 to 30 days.

14. Which hormone is released by pancreas? What is its function?

Answer:

Insulin is released by pancreatic gland. It regulates sugar metabolism. If insulin is deficient in the body, sugar level becomes high in blood causing diabetes.

CHOOSE THE CORRECT ANSWER

1. The period of maturity of reproductive organs is called _____.

A. adolescence period

B. menstruation

C. gestation period

D. none of these

Ans: A. adolescence period

2. Puberty age in females is _____.

A. 10-12

B. 12-14

C. 8-10

D. more than 14 years

Ans: A. 10-12

3. There are _____ pairs of chromosomes in human cells.

A. 23

B. 46

C. 22

D. 44

Ans: A. 23

4. Bleeding in women in about 28 to 30 days is called the _____ phase.

A. menarche

B. menopause

C. menstruation

D. bleeding

Ans: C. menstruation

5. The physical and mental well-being of an individual is called an individual's _____.

A. health

B. disorder

C. growth

D. nurturing

Ans: A. health

6. Egg is a _____.

A. egg gamete

B. female gamete

C. male gamete

D. diploid cell

Ans: B. female gamete

7. Initially, girls grow _____ than boys.

A. faster

B. slower

C. at same pace

D. none of these

Ans: A. faster

8. Adolescents should be totally away from _____.

A. cold drinks

B. fast food

C. drugs

D. sweets

Ans: C. drugs

9. Which one of the following regulates the growth of an individual?

A. insulin

B. growth hormone

C. adrenalin

D. testosterone

Ans: B. growth hormones.

SHORT ANSWER QUESTION

10. Define puberty.

Ans: The process by which a child's body evolves into an adult body and achieves sexual maturity is known as puberty. With most children it occurs generally around 10-12 years of age.

11. What is Adam's apple?

Ans: At puberty, a bigger voice box develops in boys, which can be seen as a projecting region of the throat. This is referred to as Adam's apple.

12. Define hormones.

Ans: Hormones are chemical substances produced by the endocrine glands.

13. Define adolescence.

Ans: Adolescence is the stage of life when the body experiences changes that lead to reproductive maturity. Adolescence begins around the age of eleven and lasts until the age of eighteen or nineteen.

14. What are secondary sexual characters?

Ans: Secondary sexual traits are characteristics that help distinguish a man from a woman. For example, boy's moustaches and beards, and development of breasts in females.

15. Which hormones help in the development of secondary sexual characters?

Ans: In males and females, testosterone and estrogens respectively aid in the development of secondary sexual characteristics.

Short Answer Questions: 3 Marks

16. What is pituitary gland? Name the hormones secreted by it?

Ans: The pituitary gland is an endocrine gland that regulates the activity of all other glands in the body. Some of the hormones secreted by pituitary gland are as follows:

- a. Growth Hormones
- b. Prolactin
- c. Thyroid-stimulating hormone, etc.
- d.
- e.

17. What do you mean by target site?

Ans: Endocrine glands secrete hormones into the bloodstream in order for them to reach a specific body part known as a target site. Target sites respond to hormones in various ways.

18. Write a short note on the reproduction phase in humans.

Ans: When adolescent's testes and ovaries begin to create gametes in males and females respectively, they are able to reproduce. Males have a substantially longer capability for maturation and the creation of gametes than females. The reproductive period of females begins in puberty at the age of 10 to 12 years and lasts until about 45 to 50 years of age. The reproductive phase of males begins in puberty at the age of 11 to 13 years and lasts a lifetime.

19. What do you mean by:

a. Menstruation: Normal vaginal bleeding that happens as part of a woman's monthly cycle is known as menstruation, or period. Your body prepares for pregnancy every month. The uterus or womb removes its lining if no pregnancy develops. Menstrual blood is a mixture of blood and tissue from the uterus.

b. Menarche: The first menstrual cycle in a female adolescent is known as menarche.

c. Menopause: Menopause is the term used to describe the end of a woman's menstrual cycle. Menopause could hit in the forties or fifties.