

**Chapter-6 | Adolescence: A Stage of Growth and Change****Worksheet-1****JINENDER SONI**
Founder, MISSION GYAN**Multiple Choice Questions**

- Adolescence is the period between**
 - 5-10 years
 - 10-19 years
 - 15-25 years
 - 8-16 years
- The bump seen in the throat of adolescent boys is called**
 - Voice box
 - Thyroid gland
 - Adam's apple
 - Windpipe
- Which of the following is a secondary sexual characteristic in boys?**
 - Growth of beard
 - Increase in height
 - Increase in weight
 - Growth of bones
- The stage at which the body becomes capable of reproduction is called**
 - Adolescence
 - Puberty
 - Childhood
 - Infancy
- The process of periodic blood discharge in adolescent girls is called**
 - Fertilisation
 - Ovulation
 - Menstruation
 - Implantation
- Which nutrient is especially required for proper bone growth during adolescence?**
 - Iron
 - Vitamin C
 - Calcium
 - Iodine
- Acne during adolescence is mainly caused due to**
 - Dust on skin
 - Excess oily secretion of skin
 - Poor digestion
 - Vitamin deficiency
- Which of the following is an emotional change during adolescence?**
 - Growth of hair
 - Mood swings
 - Increase in height
 - Change of voice
- The harmful substances that cause addiction are collectively referred to as**
 - Medicines
 - Nutrients
 - Addictive substances
 - Preservatives

10. The chemicals that control growth and development in the body are called
- (a) Enzymes
 - (b) Hormones
 - (c) Vitamins
 - (d) Minerals

Fill in the blanks :

11. The period of life between childhood and adulthood is called _____.
12. The beginning of menstruation is called _____.

True / False

13. Voice becomes deeper in boys during puberty.
14. Girls generally reach puberty earlier than boys.

Very Short Type Questions

15. What is Adolescence?
16. What is menarche?

Short Type Questions

17. Why do pimples appear during adolescence?
18. Why is a balanced diet important during adolescence?

Essay Type Questions

19. Describe the major physical changes that occur during adolescence.
20. Explain how adolescents can maintain a healthy lifestyle.

HOTS

21. **Assertion (A):** Adolescents often experience mood swings during their growing years.
Reason (R): Hormonal changes during adolescence influence emotions and behaviour.
Choose the correct option:
- a) Both A and R are true and R is the correct explanation of A
 - b) Both A and R are true but R is not the correct explanation of A
 - c) A is true but R is false
 - d) A is false but R is true

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Answer & Solution

1. (b) 10-19 years
2. (c) Adam's apple
3. (a) Growth of beard
4. (b) Puberty
5. (c) Menstruation
6. (c) Calcium
7. (b) Excess oily secretion of skin
8. (b) Mood swings
9. (c) Addictive substances
10. (b) Hormones
11. Adolescence
12. Menarche
13. TRUE
14. TRUE
15. Adolescence is the stage of life between childhood and adulthood during which rapid physical, emotional and hormonal changes occur.
16. Menarche is the beginning of the menstrual cycle in adolescent girls.
17. Pimples appear during adolescence mainly because the oil glands in the skin become more active due to hormonal changes. These glands produce extra oil, which can block the skin pores. When dust and germs get trapped in these blocked pores, it leads to swelling and red bumps known as pimples or acne. This is why many adolescents experience more skin problems during this stage.
18. A balanced diet is important during adolescence because this is the phase when the body grows faster than at any other time after infancy. The body needs proteins for muscle growth, calcium for strong bones, iron for healthy blood, and vitamins and minerals for energy and proper functioning of the body. A balanced diet also helps the brain develop well, keeps immunity strong, and prevents fatigue, weakness or anaemia. Eating nutritious food supports both physical and mental development during these years.
19. During adolescence, the body undergoes several rapid and noticeable physical changes as it prepares for adulthood. One of the earliest changes is a sudden increase in height and weight, also known as a growth spurt, because bones and muscles grow quickly. In boys, the shoulders broaden, muscles become stronger and facial hair begins to appear. Their voice becomes deeper due to the growth of the voice box, commonly seen as the Adam's apple. In girls, the breasts develop and hips widen as the reproductive organs mature. Both boys and girls develop hair in the armpits and the pubic region, which is a clear sign of entering adolescence. Due to increased hormonal activity, the skin becomes more oily, which may cause pimples or acne. Sweat glands also become more active, making regular hygiene important. All these changes together show that the body is moving from childhood towards adulthood and becoming capable of reproduction.

20. Adolescents can maintain a healthy lifestyle by paying attention to their diet, hygiene, physical activity and emotional well-being. A balanced diet with proteins, vitamins, minerals, calcium and iron helps the body grow properly and keeps the mind active. Drinking plenty of water and eating fresh fruits and vegetables supports overall health. Maintaining personal hygiene, such as regular bathing and keeping the skin clean, prevents infections and controls acne. Engaging in physical activities like sports, cycling or running strengthens the muscles and bones and helps reduce stress. Adolescents must avoid harmful substances such as tobacco, alcohol and drugs because these can damage their growing bodies and affect the brain. Managing screen time, getting enough sleep, staying positive and talking openly about feelings also play an important role in emotional health. By following these habits, adolescents can grow into healthy and confident adults.

21. Correct Answer: (A)

Explanation:

The assertion is true because emotional ups and downs are commonly seen during adolescence. The reason is also true because hormonal changes directly affect emotions and behaviour. Since hormonal changes explain why mood swings occur, the reason correctly explains the assertion.

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