Under CSR Support by Ipca Foundation missiongyan

CHAPTER-1 | Adolescence – A Stage of Growth and Change

QUIZ-06

1. Adolescence generally begins around what age?
   A. 5 years B. 8 years
   C. 10 years D. 15 years (C)

Explanation : The transition into adolescence commonly starts around 10 years of age.

2. The Adam's apple is related to the growth of which body part?
   A. Heart B. Voice box
   C. Lungs D. Stomach (B)

Explanation : The Adam's apple becomes noticeable due to the enlargement of the voice box.

3. Development of breasts in girls is an example of what type of change?
   A. Primary growth
   B. Secondary sexual characteristic
   C. Genetic change
   D. Nutritional change (B)

Explanation : This change helps differentiate males and females but is not directly involved in reproduction.

4. Menstruation generally occurs after how many days?
   A. 10–15 days B. 21–35 days
   C. 40–45 days D. 3–5 days (B)

Explanation : The menstrual cycle usually repeats between 21–35 days.

5. Which emotional experience is common during adolescence?
   A. No emotional changes
   B. Complete emotional stability
   C. Mood swings
   D. Loss of confidence only (C)

Explanation : Mood swings occur due to rapid growth and hormonal changes.

6. Which nutrient supports strong bones during adolescence?
   A. Iron B. Proteins
   C. Calcium D. Vitamin C (C)

Explanation : Calcium plays a key role in strengthening bones during rapid growth.

7. What is an important hygiene practice for girls during menstruation?
   A. Not bathing B. Reusing pads
   C. Proper disposal of used pads
   D. Avoiding school (C)

Explanation : Used pads must be wrapped and disposed of safely to maintain hygiene.

8. What should adolescents do when someone pressures them to try harmful substances?
   A. Try once B. Ignore
   C. Say "yes" to fit in
   D. Firmly say "NO" (D)

Explanation : Refusing harmful substances protects physical and mental health.

9. Which activity helps maintain physical fitness during adolescence?
   A. Oversleeping
   B. Watching TV for long hours
   C. Regular exercise
   D. Skipping meals (C)

Explanation : Exercise improves stamina, mood, and overall health.

10. Which chemical messenger controls many changes during adolescence?
   A. Enzymes B. Hormones
   C. Acids D. Vitamins (B)

Explanation : Hormones regulate physical, emotional, and behavioural changes.

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