

Practice Worksheet for Class 8

Chapter 10:- Reaching The Age Of Adolescence

Q.)A.) Fill in the blanks.

1. The changes which occur at adolescence are controlled by hormones.
2. The female hormone is estrogen.
3. The testes and ovaries secrete sex hormones.
4. A male has one X and one Y chromosome.
5. Adrenals also produce the hormone adrenalin.

Q.)B.) Answer in one word.

1. Change from larva to adult is called

Answer:- Metamorphosis

2. The thread like structure

Answer:- Chromosomes

3. The first menstrual flow begins at puberty

Answer:- Menarche

4. Stoppage of menstruation

Answer:- Menopause

5. Male hormone

Answer:- Testosterone

Q.)C.) Answer in one sentence.

Q.)1.) What is adolescence?

Answer:- When the body goes under changes with reproductive maturity is called adolescence.

Q.2.) How to calculate the height?

Answer:- Calculation for full height (cm)

Present height cm is divided by % of full height at this age and multiplied by 100

Q.3.) What is Adam's apple?

Answer:- The growing voice box in boys can be seen as a protruding part of the throat is called as Adam's apple.

Q.4.) What is target site ?

Answer:- Endocrine glands release hormones into blood stream to reach a particular body part is called target site.

Q.5.) Which diet is good for adolescence?

Answer:- Iron builds blood and iron-rich food such as leafy vegetables, jaggery, meat, citrus, Indian gooseberry (amla) are good for adolescents.

Q.6. Which hormone is produced by thyroid?

Answer:- Thyroxin hormone is produced by thyroid.

Q.) D.) Long answers.

1.) List the changes in the body at age of puberty.

Answer:- 1. Increase in height

2.) Change in body shape.

3. Change in voice.

4. Increased activity of sweat glands and sebaceous glands.

5. Development of sex organs.

Q.2.) Explain menstruation.

Answer:- 1. Menstruation occurs once in about 28 to 30 days.

2. The ova begin to mature with the onset of puberty.

3. One ovum is matured and released by one of the ovaries once in about 28 to 30 days.

4. During these period, the wall of the uterus begins to be thick so as to receive the egg, in case it is fertilized and begins to develop.
5. If fertilization does not occur the eggs with thickened uterus along with blood vessels gets shed off.
6. This process causes bleeding in women and is called menstruation.

Regards,

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