

# Dr. M.K.K Arya Model School, Panipat

## Ch.- Reaching the age of adolescence

Class- VIII

Q1. What period covers the “teen”?

Ans The years 11 to 18 or 19 covers the “teens”

Q2. What does adolescence begin in boys and girls?

Ans In boys adolescence begins around the age of 11 and last upto 18 year or 19 years of age. In girls it may begin a year or two earlier than in boys.

Q3. What are those characters called which distinguish a boy from a girl?

Ans Secondary sexual characters.

Q4. Name the master endocrine gland of our body. Why is it called so?

Ans Pituitary gland is the master gland of our body. It is called so because it regulates the secretion of many hormones from other endocrine glands.

Q5. What is target site?

Ans Endocrine glands release hormones into the bloodstream to reach a particular body part which is called target site.

Q6. Name the hormone secreted by thyroid. Write its function. Why is the use of iodized salt advised to us?

Ans Thyroxine is secreted by thyroid gland. Thyroxine gland regulates carbohydrate, protein, fat metabolism in the body. Iodine is essential for the formation of thyroxine hormone.

Q7. Explain the functions of testis and ovary.

Ans .Function of testis: The testes are used to form sperms and to produce male hormone testosterone.

Function of ovary: The ovary is used to form eggs and to produce female hormone estrogen.

Q8. Why people get acne and pimples on the face at the time of puberty?

Ans Many young people get acne and pimples on their face at this time because of the increased activity of secretion of sweat and sebaceous glands.

Q9. a) What is the effect of a larger voice box in grown up boys?

b) What is the effect of smaller voice box in grown up girls?

Ans a) The bigger voice box in boys gives deeper voice to the boys.

b) Smaller voice box in girls gives shrill voice to the girls.

Q10. What will happen if the water in which tadpoles are growing does not contain sufficient iodine?

Ans If the pond water in which the tadpoles are growing does not contain sufficient iodine to make enough thyroxine, there will be deficiency of thyroxine hormone due to which tadpole cannot undergo metamorphosis and hence cannot become adult frogs.

Q11. Explain why people are advised to use iodized salt in cooking food.

Ans People are advised to use iodized salt for cooking food so as to prevent goiter disease. Iodized salt can provide all the iodine needed by the thyroid gland to make sufficient thyroxine hormone for our body.

Q12. State any two factors which can be adopted by the adolescent to maintain the personal hygiene.

Ans 1) Adolescent boys and girls should take bath regularly.

2) Adolescent girls should take special care of cleanliness of the body during the time of menstrual flow.

Q13.a) What is meant by reproductive health?

b) State the condition necessary to maintain the good reproductive health during adolescence.

Ans a) Reproductive health is defined as a state of physical, mental, social well being of a person in all matters relating to reproductive system at all stages of life.

b) Some important conditions to maintain good reproductive health during adolescence are given below

1) It is necessary to eat balanced diet.

2) It is necessary to maintain personal hygiene.

3) It is necessary to take adequate physical exercise.

4) It is necessary to avoid taking any drugs during adolescence.

Q14. Why is Iron mineral needed by our body? Name some of the iron rich food.

Ans Iron is a mineral which is necessary for making blood in the body.

Examples of iron rich food: Green leafy vegetables, jaggery and amla etc.

Q15. What is the function of adrenaline hormone in the body?

Ans The Adrenaline hormone prepares our body to function at maximum efficiency during emergency situations like danger, fear and shock etc.

Q16. a ten year old boy is 10cm tall. If the present height of boy is 78% of his full height, calculate the full height which the boy will eventually reach at the end of growth period.

Ans. Present height of boy = 125cm

%age of full height = 78

Full ht. of boy =  $\frac{\text{present height of boy}}{\% \text{age of full height}} \times 100$   
 $= \frac{125}{78} \times 100 = 160.25 \text{cm}$

Q17. State the various ways in which early marriage and motherhood is harmful to the girls.

Ans. 1. The girls younger than 18 years of age are not prepared physically and mentally for motherhood.

2. Early marriage and motherhood cause health problems in mother and the child

3. Early marriage and motherhood reduces the chances of higher education for girls.

4. Early marriage and motherhood reduces the employment opportunities for the young girls.

Q18. Define menarche and menopause.

Ans. Menarche - The first occurrence of menstruation at puberty called menarche.

Menopause - The permanent stoppage of menstruation in a woman is called menopause.

Q19. Write the full form of AIDS and HIV?

Ans. AIDS - Acquired Immune Deficiency Syndrome

HIV - Human Immunodeficiency Virus

Q20. What is puberty? Who attains puberty at an earlier age in human beings: male or female

Ans. The period during which adolescent boys and girls reach sexual maturity and become capable of reproduction is called puberty.

Puberty tends to start earlier in girls than in boys