

REACHING THE AGE OF ADOLESCENCE

WORKSHEET-1

CLASS 8

Multiple Choice Question:-

1. Which of the following is a ductless gland :-

- a. sweat gland
- b. salivary gland
- c. sebaceous gland
- d. pituitary gland

2. Adolescence brings in the individual :-

- a. mental maturity
- b. reproductive maturity
- c. emotional maturity
- d. all the above

3. In boys, voice box protrudes out in throat region and is called :-

- a. custard's apple
- b. adam's apple
- c. eve's apple
- d. both b & c

4. A female secondary sexual characteristic is :-

- a. voice becoming shrill
- b. voice becoming hoarse
- c. growth of adam's apple
- d. growth of hair on the chest

5. Hormones are secreted into :-

- a. lymph
- b. ducts
- c. blood
- d. nerves

6. Along with testicular hormones, sperm formation also needs hormones from :-

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- a. thyroid gland
- b. pituitary gland
- c. adrenal gland
- d. pancreas

7. In girls, the ovaries secrete during puberty :-

- a. estrogen
- b. progesterone
- c. both a & b
- d. ovulation hormone

8. Nucleus of each human cell contains :-

- a. 23 pairs of chromosomes
- b. 22 pairs of chromosomes
- c. 48 chromosomes
- d. 40 chromosomes

9. Number of sex chromosomes in human kidney cell :-

- a. one
- b. two
- c. four
- d. zero

10. The term used for production of male gametes in humans is:-

- a. spermatogenesis
- b. spermgamogenesis
- c. oogenesis
- d. spermtestogenesis

11. To keep their body healthy teenagers need :-

- a. protein rich diet
- b. fat rich diet
- c. balanced diet
- d. carbohydrate rich diet

12. Production of sex hormones is under the control of :-

- a. thyroid gland
- b. adrenal gland
- c. testis
- d. pituitary gland

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13. The body part where a hormone reaches and produces its effect is called :-

- a. end site
- b. regulator site
- c. tropic site
- d. target site

14. Number of sex chromosomes in a gamete :-

- a. one
- b. two
- c. four
- d. eight

15. The process by which mature ovum is released from ovary is called :-

- a. oogenesis
- b. oogamy
- c. fertilisation
- d. ovulation

16. Thyroid gland is located in the :-

- a. head region
- b. near heart
- c. throat region
- d. gonad region

17. Pituitary gland is located at the base of :-

- a. heart
- b. lungs
- c. brain
- d. pancreas

18. Pancreas is :-

- a. exocrine gland
- b. endocrine gland
- c. type of sweat gland
- d. both a & b

19. Baby is going to be a girl or a boy depends on :-

- a. type of sperm
- b. type of ovum

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- c. amount of sex hormone
- d. amount of regulatory hormone from pituitary

20. Deficiency of iodine in adolescent's diet causes a disease called :-

- a. infertility
- b. goitre
- c. dwarfism
- d. irregular menstruation

Answer Key:-

Multiple Choice Question:-

- | | | | |
|------|------|------|------|
| 1. d | 2. b | 3. c | 4. c |
| 2. d | 3. c | 4. d | 1. c |
| 3. b | 4. a | 1. d | 2. d |
| 4. a | 1. b | 2. a | 3. a |
| 1. c | 2. a | 3. d | 4. b |

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