

I. Choose the correct answer. (5×1=5)

- Many adolescent boys and girls get pimples on face due to the secretions of _____ gland
 - Sweat
 - Sebaceous
 - Sweat and Sebaceous
 - None of these
- The sperm is produced by _____
 - Penis
 - Ovary
 - Uterus
 - Testes
- _____ are the chemical substances secreted by endocrine glands
 - Hormones
 - Enzymes
 - Proteins
 - Fatty acids
- Androgen production is regulated by _____
 - GH Hormone
 - LH Hormone
 - TSH Hormone
 - ACTH Hormone
- During menstruation the progesterone level is _____
 - Decreased
 - Increased
 - Ceased
 - Normal

II. Fill ups. (5×1=5)

- _____ is secreted by the ovaries of female.
- The hormones secreted by the Gonads are controlled by _____.
- _____ helps to prevent thyroid gland related diseases.
- Iron deficiency leads to _____.
- In women fertilization takes place at _____.

III. State True or False. If false, correct the statement. (5×1=5)

- Testes and ovaries are called primary sex organs.
- The release of ovum from the uterus is called ovulation.
- During pregnancy the corpus luteum continues to grow and produces large amount of estrogen and progesterone.
- Making use of disposable napkins or tampons may increase the chances of infections.
- Women should take in more iron in their diet for loss of blood during menstruation.

IV. Match the following .

- Puberty - At 45 to 50 years of age
- Adam's apple - Testosterone
- Androgen - Change in voice
- ICSH - Muscle development
- Menopause - Sexual maturity

V. Give very short answers. (10×1=10)

- _____ intake needs to be increased to prevent Osteoporosis in later life.
- Adolescence is the period of life between _____ years of age.
- What are the changes occur in girls during puberty?
- Growth of the Larynx is called as _____.
- What is the meaning of the word Adolescence?
- During adolescent period about _____ to _____ hours of sleep is necessary each night.
- Which hormone is used to control milk secretion during lactation?
- First menstrual flow at puberty is termed as _____.
- _____ usually occurs 14 days after ovulation.
- What is balanced diet?

VI. Give short answers (Any Eight) (8×2½=20)
(Question number 39 is compulsory)

- What is adolescence?
- List out the changes which occur during puberty.
- Name the sex organs. and their hormones.
- How is adolescence different from childhood?
- Explain the importance of cleanliness during the time of menstrual cycle in girls.
- What is secondary sex characteristics?
- What is fertilization?
- Explain menarche.
- What is Estrogen?
- Name the pituitary hormones. which influence the gonads (Sex organs)

VII. Answer in detail (Any Three) (3×5=15)

- What are the physical changes that occur in boys and girls during adolescence?
- Explain the role hormones in reproduction.
- Briefly describe the menstrual cycle.
- Briefly explain the nutritional needs of adolescence
- Write a short note on
 - Follicle stimulating Hormone (FSH)
 - Prolactin (PRL)
 - Oxytocin Hormone

VIII. Picture based questions. (2×2½=5)

- Draw a flow chart for balanced diet.
- Draw a piechart for menstrual cycle

IX. HOTS. (2×2½=5)

- Many adolescent boys and girls get pimples on face. Why?
- Now a days girls attain puberty at very early stage. Why?