

Board –CBSE

Class –8th

Topic – Reaching the Age of Adolescence

1. The belief that the mother is completely responsible for the sex of the child is wrong because the child

- (a) gets sex chromosomes only from the mother.
- (b) develops in the body of the mother.
- (c) gets one sex chromosome from the mother and the other from the father.
- (d) gets sex chromosomes only from the father.

2. AIDS can spread from an infected person to another person through

- (a) sharing food
- (b) blood transfusion
- (c) sharing comb
- (d) a mosquito bite

3. Given below are events that lead to pregnancy and the development of an embryo.

- (a) Fertilization of the egg
- (b) Maturation of egg
- (c) Release of egg
- (d) Embedding of an embryo in the thickened uterine wall.

4. Which of the following options gives the correct order of sequence in which they occur?

- (a) i, ii, iii, iv,
- (b) ii, i, iii, iv
- (c) i, iv, ii, iii
- (d) ii, iii, i, iv.

5. Lila always eats only dal and rice in every meal. She often falls ill and has become prone to diseases. Can you suggest changes in her diet that can make her healthy and free from disease?

6. Mention any two features each that are seen in boys and girls each to distinguish them from each other at puberty.

7. Give a suitable word for each of the following statements.

- (a) The site that responds to a hormone.
- (b) Name of a gland that transports secretions through ducts.
- (c) Chemicals that control changes at the adolescence stage.
- (d) It marks the beginning of the reproductive period.

8. During adolescence, the body of boys and girls undergoes certain changes. Given below are a few of those changes.

- (a) Broad shoulders
- (b) Wider chests
- (c) Wider region below the waist
- (d) Development of muscles
- (e) Development of mammary glands
- (f) Growth of facial hair
- (g) Acne and pimples on the face
- (h) Development of sex organs
- (i) High-pitched voice
- (j) Growth of pubic hair.

Body changes during adolescence	
Boys	Girls

Categories these changes into those that occur in boys and those that occur in girls and fill in the table given below.

9. Name the hormone which would be released during the following situations:

- (a) a frightened person.
- (b) growth of a child to adult.
- (c) development of caterpillar to moth.
- (d) development of tadpole to frog.

10. For the metamorphosis of tadpoles which of the following elements must be available in water?

- (a) Chlorine
- (B) Carbon
- (C) Sulphur
- (D) Iodine

11. The most conspicuous visible change that occurs in boys during puberty is

- (a) Development in Voice Box.
- (B) Increase in Height.
- (C) Production of Sperms.
- (D) Increased sweating.

12. Structures present in a cell which is responsible for the determination of the sex of a baby is

- (a) Cytoplasm
- (B) Cell Membrane
- (C) Nucleus
- (D) Chromosome

13. Name the hormone that is released by testes at the onset of puberty.

14. Name the female hormone produced by ovaries that helps in the development of mammary glands.

15. A few of Paheli's classmates eat potato chips and burgers regularly during recess at school. Are they healthy eating habits? Give reasons.

16. John and Radha were classmates since childhood. When Radha became eleven years old, she developed a little swelling on her neck. She visited the doctor who started medication for her. After a few years, John also developed a slight protrusion on his throat. He got worried and went

to the doctor. But the doctor assured him that it was a normal feature in boys while they are growing up. Can you think of any reasons for the difference in diagnoses?

17. Complete the following sentences.

- (a) In females, the uterine wall thickens to receive the _____.
- (b) Endocrine glands release hormones directly into _____ for transportation to the _____.
- (c) The sex hormones, _____ and estrogen are responsible for the development of _____ characters.
- (d) Release of sex hormones is under the control of a hormone secreted from the _____.

18. Match the hormones given in Column A with their deficiency disease given in Column B.

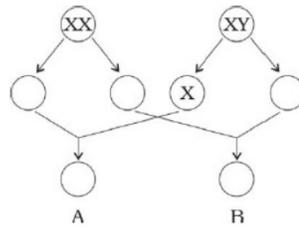
Column A	Column B
a) Thyroxine	I.Salt Imbalance
b) Growth Hormone	II.Diabetes
c) Insulin	III.Goitre
d) Adrenal Hormone	IV.Dwarfism

19. Read the statements given below and fill up the blanks with the correct words listed in the box.

deep, ductless, nutrients, thyroxine.

- (a) The meal that includes all _____ is a balanced diet.
- (b) Insufficient production of _____ in the tadpoles leads to their incomplete development.
- (c) Endocrine glands are also called _____ glands.
- (d) After attaining puberty boys develop a _____ voice.

20. Fill the blank circles in figure and identify the sex of child A and B.



21. Given below are certain food items required for the proper nourishment of adolescents. Name the nutrients present in the food items and write their functions.

S. No.	Food Items	Major Nutrients	Functions
1	Pulses and nuts		
2	Oranges and Amla		
3	Sugar, Roti		
4	Oils		
5	Vegetables		