



SCIENCE

CH:10- REACHING AT THE AGE OF ADOLESCENCE

Name: _____

Date: _____

Class: VIII Sec: ____

I Multiple Choice Questions:

1. AIDS can spread from an infected person to another person through
(a) sharing food (b) blood transfusion (c) sharing comb (d) a mosquito bite
2. For the metamorphosis of tadpoles which of the following elements must be available in water?
(a) chlorine (b) carbon (c) sulphur (d) iodine
3. Structures present in a cell which is responsible for determination of the sex of a baby is
(a) cytoplasm (b) cell membrane (c) nucleus (d) chromosome
4. The belief that the mother is completely responsible for the sex of the child is wrong because the child
(a) gets sex chromosome 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 chromosome only from the father.

II Answer the following:

5. Give a suitable word for each of the following statements.
(a) The site which responds to a hormone.
(b) Name of a gland which transports secretions through ducts.
(c) Chemicals which control changes at adolescence stage.
(d) It marks the beginning of reproductive period.
6. 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 which can make her healthy and free from disease?
7. A few of Paheli's classmates eat potato chips and burgers regularly during the recess at school. Are they healthy eating habits? Give reasons.
8. 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.
9. 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?
10. Salma had a very soft and smooth skin during her childhood. As she entered adolescence, she developed pimples on her face. The skin specialist advised her to wash her face at regular intervals. Can you explain the reasons for the appearance of pimples on her face and suggest ways to prevent them?



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

Column A	Column B
(a) thyroxine	(i) Dwarfism
(b) growth hormone	(ii) diabetes
(c) Insulin	(iii) goitre

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

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