



INDIAN SCHOOL AL WADI AL KABIR



CLASS: VII	DEPARTMENT: SCIENCE 2025-26	DATE:30/01/2026
TEXTBOOK Q & A	TOPIC: ADOLESCENCE- A STAGE OF GROWTH AND CHANGE	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SECTION:	ROLL NO.

1. Ramesh, an 11-year-old boy, developed a few pimples on his face. His mother told him that this is because of ongoing biological changes in his body.

(i) What could be the possible reasons for the development of these pimples on his face?

(ii) What can he do to get some relief from these pimples?

[Hint: (i) The pimples on Ramesh's face could be due to the hormonal changes that occur during puberty. During this time, the body produces more hormones, which can make the skin's oil glands produce more oil. This excess oil can clog the pores, leading to pimples or acne.

(ii) Ramesh can get some relief from pimples if he-

a. Uses a gentle cleanser for his face

b. Drinks plenty of water

c. Incorporates a balanced diet into his life

d. Avoid squeezing or picking the pimples, as it can worsen the condition.]

2. Which of the following food groups would be a better option for adolescents and why?



(i)



(ii)

[Hint: Food group (ii) would be a better option for adolescents as it is composed of vegetables, grains, dairy products, etc. Such foods are rich in essential nutrients like proteins, carbohydrates, vitamins, and minerals, which are important for growth, development, and overall health during adolescence.]

3. Unscramble the underlined word in the following sentences:

(i) The discharge of blood in adolescent girls, which generally occurs every 28-30 days, is nstmnoiaretu.

(ii) The hoarseness in the voice of adolescent boys is due to enlarged iceov xob.

(iii) Secondary sexual characteristics are natural signs that the body is preparing for adulthood and mark the onset of urtypeb.

(iv) We should say NO to lahoclo and srugd as they are addictive.

[Hint:

(i) nstmnoiaretu - menstruation

(ii) iceov xob - voice box

(iii) urtypeb - puberty

(iv) lahoclo and srugd - alcohol and drugs]

4. Shalu told her friend, “Adolescence brings only physical changes, like growing taller or developing body hair.” Is she correct? What would you change in this description of adolescence?

[Hint: Shalu is not completely correct. Adolescence is not only about physical changes like growing taller or developing body hair. It also includes the development of reproductive capability, as well as emotional and behavioural changes.]

5. During a discussion in the class, some of the students raised the following points. What questions would you ask them to check the correctness of these points?

(i) Adolescents do not need to worry about behavioural changes.

(ii) If someone tries a harmful substance once, they can stop anytime they want.

[Hint: The following questions can be asked for the correctness of the point (i):

(a) What makes you think that “behavioural changes’ during adolescence are something to worry about?

(b) Why do you think it is important for adolescents to adapt to changes in a positive way rather than worrying about them?

The following questions can be asked for the correctness of the point (ii):

(a) What makes you think that someone can stop using a harmful substance whenever they want?

(b) Are you aware of the concept of addiction? How might using a substance even once affect someone's ability to stop?

(c) Have you heard of any studies or research that suggest it's easy to stop using harmful substances after trying them once?]

6. Adolescents sometimes experience mood swings. On some days, they feel very energetic and happy, while on other days, they may feel low. What other behavioural changes are associated with this age?

[Hint: Adolescents undergo several behavioural changes, including:

a. Intense emotions that may change quickly

b. Strong desire for independence and personal decision-making

c. Pressure to fit in with peers and follow group norms

d. Exploration of personal identity, including sexual identity

e. Increased use of technology, such as mobile phones and social media.]

7. While using a toilet, Mohini noticed that used sanitary pads were scattered near the bin. She got upset and shared her feelings with her friends. They discussed the importance of menstrual hygiene and healthy sanitary habits. What menstrual hygiene and sanitary habits would you suggest to your friends?

[Hint: The menstrual hygiene and sanitary habits one should follow are:

a. Use sanitary pads or reusable cloth pads during menstruation.

b. Regularly change the sanitary pads after every 4-5 hours as per the requirement.

c. Dispose of used sanitary pads by wrapping them in a newspaper before throwing them inside a dustbin.

d. Wash hands thoroughly with soap and water before and after handling sanitary pads to prevent the spread of germs.]

8. Mary and Manoj were classmates and good friends. On turning 11, Mary developed a little bulge on the front of her neck. She visited the doctor, who gave her medication and asked her to take an iodine-rich diet. Similarly, a bump developed on the front of Manoj's neck when he turned 12. However, the doctor told him that it was a part of growing up. According to you, what could be the possible reason for advising Mary and Manoj differently?

[Hint: The possible reason for the doctor advising Mary and Manoj differently is that Mary's bulge on the neck might be related to a condition called goitre that is caused by a deficiency of iodine. Iodine is essential for the proper functioning of the thyroid gland, and its deficiency can lead to the enlargement of the gland, causing a bulge on the neck. Therefore, the doctor recommended an iodine- rich diet for Mary.

On the other hand, Manoj's bulge was due to the growth of his voice box as he entered puberty. This is a normal part of adolescent development and is often referred to as the Adam's apple. It causes a bump in the throat and can lead to a hoarse voice as the voice box grows and changes shape.]

9. During adolescence, the boys and girls undergo certain physical changes, a few of which are given below.
- (i) Change in voice
 - (ii) Development of breasts
 - (iii) Growth of moustache
 - (iv) Growth of facial hair
 - (v) Pimples on the face
 - (vi) Growth of hair in the pubic region
 - (vii) Growth of hair in armpits

Hint:

Physical changes during adolescence		
Observed only in boys	Observed only in girls	Common in boys and girls
(i) Change in voice	(ii) Development of breasts	(v) Pimples on the face
(iii) Growth of moustache		(vi) Growth of hair in the public region
(iv) Growth of facial hair		(vii) Growth of hair in armpits

10. Prepare a poster mentioning the tips for adolescents to live a healthy lifestyle.

[Hint: Eat balanced meals, get moving, sleep enough, manage stress, limit screen time, and practice good hygiene.]

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