



INDIAN SCHOOL AL WADI AL KABIR



CLASS: VII	DEPARTMENT: SCIENCE 2025- 2026	DATE: 30-01-2026
WORKSHEET NO: 12 WITH ANSWERS	TOPIC: ADOLESCENCE- A STAGE OF GROWTH AND CHANGE	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SEC:	ROLL NO.

I. OBJECTIVE TYPE QUESTIONS (1M):

1. Why is a diet rich in protein essential during puberty?
 - (a) For supplying sufficient energy
 - (b) For the formation of new cells during growth
 - (c) To help in the formation of blood
 - (d) For protection from diseases
2. Acne and pimples on the face are due to the secretion of-
 - (a) bile from the liver
 - (b) oil glands during puberty
 - (c) Enzymes in the digestive tract
 - (d) Tear from tear glands
3. Which term is used for chemical secretions responsible for changes taking place in the body?
 - (a) Hormones
 - (b) Adulthood
 - (c) Mood swings
 - (d) Menstrual cycle
4. Reproductive age in women starts when-
 - (a) Body weight increases
 - (b) Height increases
 - (c) Menstruation starts
 - (d) Emergence of pimples

5. The right meal for adolescents consists of-
- (a) chips, noodles, Coke
 - (b) chapati, dal, vegetables
 - (c) rice, noodles and burger
 - (d) vegetable cutlets, chips and lemon drink.
6. Adolescence is the stage of life between-
- (a) Birth and childhood
 - (b) Childhood and adulthood
 - (c) Adulthood and old age
 - (d) Infancy and adulthood
7. Which of the following habits helps in maintaining good health during adolescence?
- (a) Skipping meals
 - (b) Eating junk food regularly
 - (c) Balanced diet and regular exercise
 - (d) Staying awake late at night

For the questions that follow, two statements are given- one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (i), (ii), (iii) and (iv) as given below:

- i) Both A and R are true, and R is the correct explanation of the assertion.**
 - ii) Both A and R are true, but R is not the correct explanation of the assertion.**
 - iii) A is true, but R is false.**
 - iv) A is false, but R is true.**
8. **Assertion (A):** Hormones are chemicals produced in our body.
Reason(R): Hormones influence the mood and behaviour of adolescents.
9. **Assertion (A):** During menstruation, blood is discharged from the body as part of the cycle.
Reason(R): Menstruation lasts for eight to fifteen days.
10. **Assertion (A):** Tobacco, alcohol and drugs have adverse effects on the body.
Reason(R): It is wise to stay away from tobacco, alcohol and drugs.

II. VERY SHORT ANSWER TYPE QUESTIONS (2M):

1. What are secondary sexual characteristics?

[Hint: The characteristics that help distinguish males from females are called secondary sexual characteristics.]

2. How can we keep our bodies healthy?

[Hint: We can keep our bodies healthy by doing regular physical activities, eating nutritious food, and maintaining good personal hygiene.]

3. Define-

(a) Substance abuse

(b) Cyberbullying

[Hint: (a) Substance abuse- Substance abuse means using harmful drugs or chemicals in the wrong way that can lead to addiction.

(b) Cyberbullying- It involves the use of digital devices such as phones, computers or online platforms to harass others by sending misleading messages, spreading false rumours, or sharing personal information without consent.]

4. Why is personal hygiene important during adolescence?

[Hint: Personal hygiene is important during adolescence because, at puberty, sweat and oil glands become more active. This can cause body odour and make the body more prone to infections. Maintaining good personal hygiene helps prevent infections, control body smell, and keep the body healthy and clean.]

5. Why does voice change in boys during adolescence?

[Hint: In adolescent boys, the growth of the voice box leads to a voice that sounds hoarse. The growth may be seen as a bump in the throat region and is called Adam's apple.]

III. SHORT ANSWER TYPE QUESTIONS (3M):

1. Explain the importance of nutrition during adolescence.

[Hint: Adolescence is a time of rapid growth. A balanced diet with proteins, carbohydrates, fats, vitamins, iron and calcium is essential to build muscles, strengthen bones and maintain energy levels. Iron and vitamin B12 help prevent anaemia, especially in girls, while proteins support overall physical development.]

2. How can menstrual hygiene be maintained, and why is it essential?

[Hint: Menstrual hygiene can be maintained by using clean sanitary pads or reusable cloth pads, changing them regularly and their proper disposal. It is essential to prevent infections, ensure comfort, and promote dignity and health amongst adolescent girls.]

3. Anita avoids outdoor games and spends most of her time watching television. How can this habit affect her growth during adolescence?

[Hint: Lack of physical activity can affect proper growth and overall health. Regular exercises help in bone and muscle development and keep the body fit.]

4. Samaira notices pimples appearing on her face and feels worried. Explain the reason for pimples during adolescence and suggest one preventive measure.

[Hint: Pimples occur due to an increase in oily secretions from the skin during adolescence, which can clog pores and lead to infections.] Maintaining personal hygiene and washing the face regularly can help reduce pimples.]

5. Ramesh is shorter than most of his classmates and feels worried. What would you tell him about growth during adolescence?

[Hint: During adolescence, everyone does not grow at the same rate. Some children grow earlier, while others grow later. With a balanced diet, regular exercise, and proper sleep, Ramesh will grow healthy and strong.]

IV. LONG ANSWER TYPE QUESTIONS (5M):

1. How does social media influence adolescents, and what precautions should they take?

[Hint: During adolescence, young people experience emotional and mental changes and become more aware of themselves. Social media can influence adolescents by affecting their feelings, behaviour, and self-confidence. It may create pressure to look or act in a certain way and can lead to stress or mood changes.]

The following are the precautions to be taken while using social media-

- (i) Adolescents should limit screen time, avoid harmful content, and not compare themselves with others.**
- (ii) Seeking guidance from elders and teachers can help us use online platforms positively.**
- (iii) Focusing on studies, physical activities, and following good habits helps adolescents grow in a balanced and healthy way.]**

V. CASE STUDY- BASED QUESTIONS/ PASSAGE-BASED QUESTIONS:

1. Neha is 13 years old and has started noticing changes in her appearance and behaviour. She has become more conscious about her clothes and hairstyle. She enjoys spending time with her friends and sometimes feels shy around adults. Neha also experiences sudden mood swings and feels nervous before exams. Her parents and teachers encourage her to talk openly about her feelings and maintain a healthy routine to cope with these changes.

(a) Why is Neha becoming more conscious about her appearance and behaviour?

[Hint: Neha is in the stage of adolescence, during which physical, emotional, and mental changes take place due to hormonal changes. These changes make adolescents more aware of their appearance and behaviour.]

(b) Suggest two ways Neha can manage stress during adolescence.

[Hint: Neha can manage stress by - (i) talking openly with her parents or teachers about her feelings and (ii) by following healthy habits such as regular exercise, proper sleep, and maintaining a balanced routine.]

2. John and Radha have been classmates since childhood. When Radha was 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 in 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 were growing up.

(a) What change occurs in females at puberty?

[Hint:

The region below the waist becomes wider, and hair grows under the arms.]

(b) When does adolescence begin and end, respectively?

[Hint: Adolescence begins around the age of 11 and lasts up to 18 or 19 years of age.]

(c) What is Adam's apple?

[Hint: At puberty, the voice box or the larynx begins to grow. Boys develop larger voice boxes. The growing voice box in boys can be seen as a protruding part of the throat called Adam's apple.]

(d) Can you think of any reasons for the difference in diagnosis?

[Hint: The reason can be that the changes at puberty are different in girls and boys.]

ANSWERS FOR THE QUESTIONS 1 TO 10

1. (b) For the formation of new cells during growth

2. (b) oil glands during puberty

3. (a) Hormones

4. (c) Menstruation starts

5. (b) chapati, dal, vegetables

6. (b) Childhood and adulthood.

7. (c) Balanced diet and regular exercise

8. ii) Both A and R are true, but R is not the correct explanation of the assertion.

9. iii) A is true, but R is false

10. ii) Both A and R are true, but R is not the correct explanation of the assertion.

Prepared by:

Ms Preeti Nambiar

Checked by:

HOD Science