

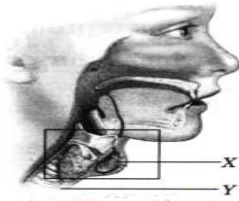
INTERNATIONAL INDIAN SCHOOL BURAI DAH
WORKSHEET FOR THE ACADEMIC YEAR 2026-27

Class-7th / Subject : Science

LESSON #6 Adolescence: A Stage of Growth and Change

A. Choose the correct option:

1. During adolescence, which of the following physical change is commonly observed in boys?
(a) Shoulders become narrower (b) Facial hair begins to develop
(c) Chest size decreases (d) Weight loss occurs
2. ____ is marked by significant and characteristic physical, biological, and emotional changes.
a) childhood b) infancy c) adolescence d) adulthood
3. In the given diagram of the throat, which part is primarily responsible for the hoarse voice commonly heard in boys during adolescence?



- (a) X (b) Y (c) Both X and Y (d) None of these
4. Balanced diet during adolescence should include
a) carbohydrates b) proteins c) vitamins & minerals d) all of these
 5. What is often responsible for the appearance of pimples during adolescence?
(a) Excessive washing of the face (b) Dehydration
(c) Not getting enough sleep (d) oily secretions leading to clogged pores
 6. Adolescents should be careful about what they eat, because
(a) A proper diet develops their brains
(b) A proper diet is needed for the rapid growth taking place in the body
(c) Adolescents feel hungry all the time (d) Taste buds are well-developed in teenagers
 7. The right meal for adolescents consists of
(a) chips, noodles, and coke (b) chapati, dal, vegetables and fruits
(c) rice, noodles, and a burger (d) vegetable cutlets, chips, and lemon drink
 8. Peer pressure means
a) pressure from teachers b) pressure from parents c) influence of friends d) none of these
 9. Which of the following is a key feature of the Menstrual Hygiene Scheme (MHS) introduced by the Government of India?
(a) Free distribution of sanitary pads only in urban areas

- b) Awareness programs to educate girls about menstrual hygiene and health
- (c) Providing sanitary pads only to women above 30 years of age
- (d) Restricting sanitary pad distribution to government schools only

10. Adolescence is the stage between

- a) childhood and adulthood
- b) infancy and childhood
- c) adulthood and old age
- d) none of these

B. Fill in the blanks:

1. The period of life when the body attains reproductive maturity is called _____
2. Boys often develop facial hair, which later grows into a _____ and a beard as they move towards adulthood.
3. Acne occurs due to an increase in _____ from the skin.
4. Puberty is the stage when an adolescent's body changes to become capable of _____ .
5. Adolescents should maintain proper _____ to avoid bacterial infections.
6. _____ plays a crucial role in regulating various aspects of growth and development.
7. We should say 'No' to _____ and _____ as they are addictive.
8. Voice change in boys during adolescence is due to growth of _____.
9. Features that help to distinguish the male from the female but are not directly involved in reproduction are called _____.

C. The questions given below consist of an Assertion and a Reason. Based on that, choose the appropriate option.

- (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.
- (b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
- (c) The assertion is true, but the Reason is false.
- (d) The assertion is false, but the Reason is true.

1. Assertion: Adolescence is a period of rapid physical, emotional, and mental growth.

Reason: Hormones are responsible for controlling these changes that occur during adolescences.

2. Assertion Adolescents should say 'No' to tobacco, alcohol, and drugs.

Reason: These substances can not cause serious health problems.

3. Assertion : Regular exercises and physical activities are also very important during adolescence.

Reason: The period of adolescence varies from person to person.

D. Case-Based Questions

Read the passage carefully and then answer the given questions.

Raman is a 15-year-old student of grade 8. Over the past 2 years, he has experienced various changes that have majorly impacted his daily life. Raman has observed changes in his voice, height and appearance of pimples. Alongside this, Raman also experienced mood swings and heightened emotions. His social life has also changed. He found himself more independent now.

1. The changes Raman is experiencing are mostly associated with which stage of life?

- (a) In fancy
- (b) Childhood
- (c) Adolescence
- (d) Adulthood

2. A noticeable bump in the throat region due to the growth of voice box is called

- (a) Acne (b) Adam's apple (c) Hormones (d) Puberty

3. Which of the following is the emotional change during adolescent?

- (a) weight increase (b) height increase (c) mood swings (d) appearance of pimples

E. Answer the following questions:

1. Name the different stages of a human's life journey.

2. Why is adolescence an important stage in human life?

3. Which state follows the Shuchi scheme?

4. During adolescence, the boys and girls undergo certain physical changes. Name any 3 physical changes.
