

# Understanding Adolescence and Puberty

Science · Answer Key · 21 Questions

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**1. What is the age range typically considered adolescence?**

- A) Birth to 2 years
- B) 2 to 11 years
- C) 11 to 18 or 19 years**
- D) 19 years and above

**2. What is a person undergoing the age of adolescence called?**

- A) Child
- B) Adult
- C) Adolescent**
- D) Infant

**3. In which sex may adolescence begin a year or two earlier?**

- A) Boys
- B) Girls**
- C) Both equally
- D) It varies greatly

**4. Adolescents are also called by what other name due to covering the teenage years?**

- A) Toddlers
- B) Pre-teens
- C) Teenagers**
- D) Young adults

**5. What is one of the most important features of living things?**

- A) Ability to sleep
- B) Ability to grow and reproduce**
- C) Ability to communicate
- D) Ability to build shelters

**6. What does this chapter aim to teach about human beings?**

- A) Their diet
- B) Their social habits
- C) Changes that occur after becoming capable of reproduction**
- D) Their history

7. What is the natural process mentioned in the text?

- A) Aging
- B) Growing up**
- C) Learning
- D) Eating

8. What is the most important change that occurs during adolescence?

- A) Increased height
- B) Change in voice
- C) Becoming capable of reproduction**
- D) Developing new skills

9. What marks the onset of puberty?

- A) The end of childhood
- B) The beginning of adulthood
- C) Becoming capable of reproduction**
- D) Reaching a certain height

10. What is puberty defined as?

- A) The period of learning
- B) The age when sex hormones and gametes begin production**
- C) The time of physical growth
- D) The stage of emotional development

11. Generally, at what age do boys attain puberty?

- A) 10 to 12 years
- B) 13 to 14 years**
- C) 15 to 16 years
- D) 17 to 18 years

12. At what age do girls generally reach puberty compared to boys?

- A) A comparatively higher age
- B) A comparatively lower age**
- C) The same age
- D) It varies significantly

13. What are the stages of growth in human beings mentioned in the text?

- A) Infancy, childhood, adulthood
- B) Infancy, childhood, adolescence, adulthood**
- C) Childhood, adolescence, old age
- D) Birth, growth, reproduction

**14. What is the stage of growth and maturity from birth to about 2 years of age called?**

- A) Childhood
- B) Adolescence
- C) Infancy**
- D) Adulthood

**15. What is the stage of growth and maturity from about 2 years to 11 years of age called?**

- A) Infancy
- B) Childhood**
- C) Adolescence
- D) Adulthood

**16. What is the period of growth and maturity from about 11 years to 18 or 19 years of age termed as?**

- A) Childhood
- B) Infancy
- C) Adulthood
- D) Adolescence**

**17. What do testes start producing in a male child upon reaching puberty?**

- A) Ova and estrogen
- B) Sperms and testosterone**
- C) Progesterone and sperms
- D) Oestrogen and ova

**18. What is the male sex hormone produced by testes called?**

- A) Oestrogen
- B) Progesterone
- C) Testosterone**
- D) Ovum

**19. What do ovaries start producing in a female child upon reaching puberty?**

- A) Sperms and testosterone
- B) Ova and estrogen**
- C) Testosterone and ova
- D) Sperms and progesterone

**20. What are the female gametes produced by ovaries called?**

- A) Sperms
- B) Testosterone
- C) Ova (or eggs)**
- D) Progesterone

**21. What are two sex hormones produced by ovaries called?**

- A) Testosterone and sperm
- B) Ova and eggs
- C) Estrogen and progesterone**
- D) Gametes and hormones