

Puberty and Human Development

Biology · Answer Key · 23 Questions

1. What percentage of her full height does a girl reach by the age of 13 years?

- A) 88%
- B) 91%
- C) 95%**
- D) 98%

2. What causes the sudden increase in height during puberty?

- A) Increased bone density
- B) Growth of internal organs
- C) Increase in the length of bones and internal body organs**
- D) Hormonal changes alone

3. Which hormone is primarily responsible for the development of male secondary sexual characteristics?

- A) Estrogen
- B) Progesterone
- C) Testosterone**
- D) Growth Hormone

4. What is the protruding part of the throat in boys called, which develops due to the growth of the voice box?

- A) Larynx
- B) Adam's apple**
- C) Voice box
- D) Trachea

5. What are the two types of sexual characters in humans?

- A) Primary and Tertiary
- B) Secondary and Quaternary
- C) Primary and Secondary**
- D) Internal and External

6. Which glands produce sweat and oil, and increase their activity during puberty?

- A) Pituitary glands
- B) Thyroid glands
- C) Sweat and sebaceous glands**
- D) Adrenal glands

7. What is the term for the transformation of a larva into an adult insect through drastic changes?

- A) Fertilization
- B) Ovulation
- C) Metamorphosis**
- D) Gestation

8. What is the average duration of menstruation?

- A) 1-2 days
- B) 3-5 days**
- C) 7-10 days
- D) 14-15 days

9. What is the legal age for marriage for girls in India?

- A) 16 years
- B) 18 years**
- C) 20 years
- D) 21 years

10. What is the function of the growth hormone secreted by the pituitary gland?

- A) Regulates blood sugar
- B) Controls metabolism
- C) Controls overall development and growth of the body**
- D) Stimulates the adrenal glands

11. What disease is caused by excessive secretion of growth hormone?

- A) Dwarfism
- B) Gigantism**
- C) Diabetes
- D) Goitre

12. What is the condition called when the pancreas does not produce enough insulin?

- A) Goitre
- B) Diabetes**
- C) Dwarfism
- D) Gigantism

13. What are the sex chromosomes in females?

- A) XY
- B) XX**
- C) YY
- D) X

14. What is the main function of thyroxine hormone?

- A) Regulates blood sugar
- B) Controls metabolism and heart rate**
- C) Stimulates growth
- D) Controls body temperature

15. What does AIDS stand for?

- A) Acquired Immunity Deficiency Syndrome
- B) Acquired Immuno Deficiency Syndrome**
- C) Auto Immune Deficiency Syndrome
- D) Acquired Infection Deficiency Syndrome

16. Which of the following is NOT a way AIDS spreads?

- A) Transfusion of infected blood
- B) Use of infected needles for injections
- C) Sharing food with an infected person**
- D) Sexual contact with an infected person

17. What is the term for the first menstrual flow at puberty in women?

- A) Menopause
- B) Ovulation
- C) Menarche**
- D) Fertilization

18. In boys, shoulders become broader and the chest becomes wider during puberty. What characteristic is more prominent in girls?

- A) Development of Adam's apple
- B) Body muscles grow more
- C) Hips gain weight and the pelvic region becomes wider**
- D) Facial hair growth

19. What is the primary sex organ in males that starts producing sperms?

- A) Ovaries
- B) Uterus
- C) Testes**
- D) Penis

20. What is the primary sex organ in females that starts producing eggs?

- A) Fallopian tube
- B) Uterus
- C) Ovaries**
- D) Vagina

21. What is the role of genes in determining height?

A) Genes only control hair color

B) Genes are inherited from parents and control hereditary characteristics like height

C) Genes have no influence on height

D) Genes only affect muscle development

22. Why is nutrition rich in proteins and vitamins important during adolescence?

A) To increase skin oiliness

B) To help bones, muscles, and other body parts get adequate nourishment for growth

C) To develop a deeper voice

D) To prevent acne

23. What is the term for the reproductive phase of life in women that begins at puberty and generally lasts till around 45-50 years?

A) Adolescence

B) Childhood

C) Reproductive phase

D) Menopause