

Puberty and Human Development

Biology · Practice Test · 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