

NCERT QUESTIONS WITH SOLUTIONS

1. Ramesh, an 11-year-old boy, developed a few pimples on his face. His mother told him that this is because of ongoing biological changes in his body.
2. Which of the following food groups would be a better option for adolescents and why?

(i) What could be the possible reasons for the development of these pimples on his face?

(ii) What can he do to get some relief from these pimples?

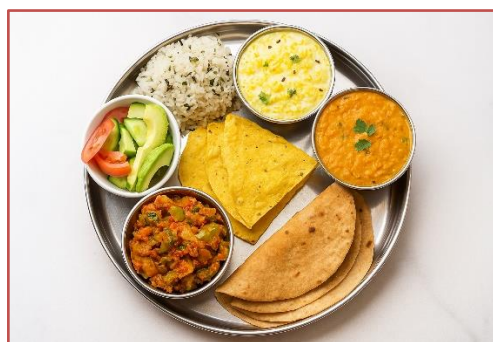
Ans. (i) The development of pimples during adolescence is mainly due to increased activity of the sebaceous (oil) glands under the influence of hormones. Excess oil secretion can clog skin pores, allowing microbes to grow, which may lead to inflammation and pimples.

(ii) To manage pimples, it is important to maintain good facial and personal hygiene, such as washing the face regularly with mild cleansers to remove excess oil and dirt. Natural remedies like applying neem paste or powder may also help due to their antibacterial properties, reducing skin infections.

(i)



(ii)



Ans. (i) This meal contains fast food components which are high in calories but less in other essential nutrients like vitamins and minerals, so this will cause obesity due to high caloric value but no balanced nourishment.

(ii) This food group would be a better option for adolescents because it is having roti, rice (Carbohydrates), Daal (protein), veggies and salad (Vitamins and minerals), overall a balanced meal it is and which is required by the adolescents in their growing years to provide them complete nourishment.

3. Unscramble the underlined word in the following sentences:

- (i) The discharge of blood in adolescent girls which generally occurs every 28–30 days is nstmnoiaretu.
- (ii) The hoarseness in the voice of adolescent boys is due to enlarged iceov xob.
- (iii) Secondary sexual characteristics are natural signs that the body is preparing for adulthood and mark the onset of urtypeb.
- (iv) We should say NO to lahoclo and srugd as they are addictive.

Ans. (i) The discharge of blood in adolescent girls which generally occurs every 28–30 days is menstruation.

(ii) The hoarseness in the voice of adolescent boys is due to enlarged voice-box.

(iii) Secondary sexual characteristics are natural signs that the body is preparing for adulthood and mark the onset of **PUBERTY**.

(iv) We should say no to alcohol and drugs as they are addictive.

4. Shalu told her friend, “Adolescence brings only physical changes, like growing taller or developing body hair.” Is she correct? What would you change in this description of adolescence?

Ans. No, Shalu is not completely correct. Actually, adolescence brings physical, biological, emotional and behavioral changes like –

(A) Physical changes: increase in height, weight, strength, changes in voice, appearance of hairs in different parts of the body, changes in facial skin: emergence of pimples, development of breasts (in girls).

(B) Biological changes: development of reproductive organs and system, production of sex hormones, onset of menstrual cycle (in girls).

(C) Emotional and behavioral changes: mood swings, excitement, confusion, anger, sensitivity etc.

5. During a discussion in the class, some of the students raised the following points. What questions would you ask them to check the correctness of these points?

(i) Adolescents do not need to worry about behavioural changes.

(ii) If someone tries a harmful substance once, they can stop anytime they want.

Ans. (i) Question to ask: Are behavioural changes during adolescence completely harmless or can some changes (like aggression, mood swings, or withdrawal) affect relationships, studies and mental health if not understood properly.

Behavioural changes are a natural part of adolescence, but they should not be ignored. If not managed properly, they can affect friendships, family relationships and academic performance. Being aware of these changes helps adolescents handle them in a healthy way.

(ii) Question to ask: Is it really easy to stop using harmful substances after trying them once or can even a single use lead to habit formation, addiction, or serious health problems.

Trying harmful substances, even once, can be very risky. Some substances cause dependence quickly, making it difficult to stop. They can also damage the brain, liver, lungs and overall health. Prevention is always better than risking addiction.

6. Adolescents sometimes experience mood swings. On some days, they feel very energetic and happy, while on other days, they may feel low. What other behavioural changes are associated with this age?

Ans. Adolescents sometimes experience mood swings. On some days they feel very energetic and happy, while on other days, they may feel low.

Similarly, some other behavioral changes are associated with teen age like they may engage in different-different activities like music, dance, or sports, or in activities that may lead to creativity and innovation.

Adolescents are more sensitive and compassionate and may indulge in several social activities like to support the needy and the disadvantaged.

7. While using a toilet, Mohini noticed that used sanitary pads were scattered near the bin. She got upset and shared her feelings with her friends. What menstrual hygiene and sanitary habits would you suggest to your friends?

Ans. Good hygiene is important for the health of teenagers.

Basic hygiene practices are –

- Washing/rinsing the hands with soap
- Cleaning the body and teeth properly
- Cleaning of genitals (private parts)
- Maintenance of menstrual hygiene that means proper cleanliness during periods.
- Proper disposal of sanitary napkins after use.
- Cleanliness of toilets, to prevent the diseases (proper flushing, rinsing, disposing of wastes).
- Maintenance of the body odour (smell).
- Proper shaving of hairs (in armpits and pubic region).

8. Mary and Manoj were classmates and good friends. On turning 11, Mary developed a little bulge on the front of her neck. She visited the doctor who gave her medication and asked to take iodine-rich diet. Similarly, a bump was developed on the front of Manoj's neck when he turned 12. However, the doctor told him that it was a part of growing up. According to you, what could be the possible reason for advising Mary and Manoj differently?

Ans. At the age of 11 (puberty) Mary developed a bulge on the front of her neck, this is because of iodine deficiency in the diet so he advised her to take iodine rich diet and prescribed some medicines for iodine supplement.



At the age of 12 (puberty) a bump is developed on the front of Manoj's neck and the doctor suggested him that it is a part of growth, because this bulge is because of enlargement of voice box at the time of puberty, so there was nothing to worry about.



9. During adolescence, the boys and girls undergo certain physical changes, a few of which are given below.

- (i) Change in voice
- (ii) Development of breasts
- (iii) Growth of moustache
- (iv) Growth of facial hair
- (v) Pimples on the face
- (vi) Growth of hair in the pubic region
- (vii) Growth of hair in armpits

Categorize these changes in the table given below:

Physical changes during adolescence –

Observed only in boys | Observed only in girls | Common in boys and girls |

Ans. Physical changes during adolescence –

Observed only in boys	Observed only in girls	Common in boys and girls
Change in voice	Development of breasts	Growth of facial hairs
Growth of moustache		Pimples on the face
		Growth of hair in the pubic region
		Growth of hair in armpits

10. Prepare a poster mentioning the tips for adolescents to live a healthy lifestyle.

Ans.

