

St. Andrews Scots Sr. Sec. School

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Session: 2026 – 2027

(Answer Key)

Class: VII

Subject: Science

Chapter: Adolescence: A Stage of Growth and Change

Self-Assessment:

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A. Multiple Choice Questions:

1. (b)
2. (b)

B. Assertion-Reason Based Questions

1. (a)
2. (d)

Self-Assessment:

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A. Multiple Choice Questions:

1. (b)
2. (c)
3. (b)

Section – A

A. Oral Questions:

1. Puberty is the stage during adolescence when the body becomes mature and capable of reproduction. It usually begins between the ages of 10 and 14 in girls and 12 and 16 in boys.
2. Menstruation is considered a sign of good reproductive health because it shows that a girl's reproductive organs are functioning normally and her body is ready for reproduction.
3. Two visible physical changes during adolescence are increase in height and growth of hair in new parts of the body.

B. Multiple Choice Questions:

1. (c)
2. (c)
3. (c)
4. (b)
5. (d)

C. Assertion-Reason Based Questions:

1. (c)
2. (c)
3. (d)

D. Case-Based Questions:

Case - I

1. Priya and her brother are experiencing physical changes during adolescence, such as voice change in boys and menstruation in girls.
2. These changes are called secondary sexual characteristics and mark the stage of puberty.
3. No, these changes are not the same for boys and girls. Boys develop a deeper voice, facial hair and broader shoulders, while girls experience breast development, wider hips and the menstrual cycle.

Case – II

1. One government scheme that supports menstrual hygiene is the Suvidha Sanitary Napkin Initiative (or Menstrual Hygiene Scheme (MHS)).
2. Menstrual hygiene is important during adolescence to prevent infections, maintain comfort and ensure good reproductive health.
3. One good sanitary practice is to change sanitary pads every 4–6 hours and dispose of them properly by wrapping in paper and placing them in a covered bin.

Section – B

A. Very Short Answer Questions:

1. The age range of adolescence is generally between 10 and 19 years.
2. Secondary sexual characteristics are the physical features that appear during adolescence and help distinguish males from females, such as facial hair in boys and breast development in girls.
3. Two important nutrients during adolescence are iron and protein.
4. **Acne** is a skin condition caused by excess oil and clogged pores, while a **pimple** is one visible bump that forms as part of acne.

B. Short Answer Questions:

1. Some adolescents develop pimples during puberty because their oil glands become more active, producing extra sebum that blocks pores and causes acne.
2. Substance abuse means using harmful substances such as tobacco, alcohol or drugs. Adolescents should avoid it because these can cause addiction, damage organs and affect mental and physical health.
3. Regular physical activity helps adolescents by strengthening muscles and bones, improving stamina, reducing stress and promoting overall fitness and confidence.
4. Five physical changes during adolescence are:
 - Increase in height
 - Change in body shape and strength
 - Change in voice
 - Growth of body and facial hair
 - Appearance of pimples

C. Long Answer Questions:

1. During adolescence:
 - Physical changes include height increase, voice change, body hair growth and reproductive maturity.
 - Emotional changes include mood swings, sensitivity and curiosity.
 - Behavioural changes include developing independence, new friendships and interest in social activities.
2. To maintain personal hygiene and health, adolescents should:
 - Bathe regularly and keep the body clean.
 - Eat a balanced diet rich in fruits, vegetables and proteins.
 - Exercise daily and get enough sleep.
 - Girls should practice good menstrual hygiene by changing pads regularly and disposing of them safely.
3. Hormones are chemical messengers that regulate growth and body functions. During adolescence, hormones like testosterone in boys and oestrogen in girls cause physical and emotional changes, including voice change, body hair growth and reproductive maturity.
4. The menstrual cycle in girls is a natural process that prepares the body for reproduction. It usually occurs every 28–30 days and involves:
 - Menstruation phase: Shedding of the uterine lining (3–7 days).
 - Ovulation phase: Release of an egg from the ovary.
 - Preparation phase: Uterus thickens to receive a fertilised egg. If fertilisation does not occur, the cycle repeats.
5. We should use social media wisely because careless use can lead to cyberbullying, privacy loss or misuse of information. Being respectful, avoiding harmful content and thinking before posting help maintain safety and a positive online image.

D. Application-Based Questions:

1. I would explain to Shyam that fruits and vegetables are rich in vitamins, minerals and fibre, which help build immunity, support growth and keep skin healthy. Without them, he might feel weak and tired.
2. I would tell Ravi that even trying harmful substances once can be dangerous, as it can cause addiction or immediate health problems. It's better to say "No" firmly and choose safe, healthy activities that keep the body and mind strong.

E. Picture-Based Questions:

1. (a) The first image shows healthy lungs that are pink, while the second shows blackened, damaged lungs due to smoking.
(b) This image warns against the harmful habit of smoking or using tobacco.
(c) Adolescents can say 'No' to peer pressure by being confident, aware of the health risks and choosing positive activities like sports or hobbies instead.
2. (a) The image shows the development of the Adam's apple, a physical change seen in boys during adolescence as their voice box grows.
(b) No, this change cannot be observed in all adolescents — it is more prominent in boys and less visible in girls.