

St. Andrews Scots Senior Secondary School

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Session : 2026-2027

Worksheet : 6

Class- VII	Science- Subject	Chapter: Adolescence: A Stage of Growth and Change
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Q1. Define these terms:

- a) Adolescence
- b) Puberty
- c) Secondary sexual characters
- d) Hormones

Q2. Fill in the blanks:

- a) During adolescence, the skin starts producing more oil called _____.
- b) Dorothy Hodgkin won the Nobel prize in chemistry in 1964 for studying the structure of _____.
- c) When exposure to harmful substances becomes a habit, it is called _____.
- d) The monthly cycle of changes in the female reproductive system is called the _____ cycle.

Q3. One word answers:

- a) Which government scheme provides biodegradable sanitary pads at affordable prices?
- b) What is the stage when the human body becomes capable of reproduction?
- c) What is the first menstrual flow in a girl called?
- d) Which mineral deficiency can cause anaemia?

Q4. State whether the following statement is True or False:-

- a) Physical activity is very important to stay fit and keep mind fresh.
- b) All adolescents experience changes in the same way and at the same time.
- c) Mensuration is a sign of poor health.
- d) Hormones are only produced in the liver

Q5. Answer the following questions:

- a) What are the major physical changes that occur during adolescence?
- b) Why is regular physical activity important for adolescents?
- c) What is cyberbullying?
- d) What are the health consequences of using substance like tobacco, gutka or illegal drugs?