



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

कार्यपत्रक / Worksheet (2025-26)

कक्षा /Class: VII विषय /Subject: Science माह/ Month: November
अंक/Marks:40 पढ़ाया गया पाठ्यक्रम/ Portion covered: Chapter 6: Adolescence:
A Stage of Growth and Change

Answer Key

Section A (MCQs)

- 1) b
- 2) c
- 3) b
- 4) b
- 5) b
- 6) c
- 7) c
- 8) c
- 9) b
- 10) b

Section B (Assertion–Reason)

- 11) A
- 12) A
- 13) A
- 14) A

Section C (Case Study)

- 15) Adolescence
- 16) Oily
- 17) Maintain body hygiene / wash regularly
- 18) Emotional change

Section D (Short Answers)

- 19) Period between childhood and adulthood (10–19 years).
- 20) Features that differentiate males and females but not directly involved in

reproduction.

Example boys – facial/chest hair; girls – breast development.

21) Due to increased oily secretions that clog pores and cause infections.

22) Any two: Menstrual Hygiene Scheme, Rashtriya Kishor Swasthya Karyakram, Suvidha Napkin Initiative, State pad schemes.

23) They are addictive and harm lungs, memory, and health.

Section E (Long Answers)

24) Any three: Increase in height, voice change, pimples, growth of body hair, shoulder broadening (boys), breast development (girls).

25) Monthly discharge of blood; begins at puberty and ends around 45–55 years.

26) Clean armpits/pubic region, proper use and disposal of sanitary pads, maintain body cleanliness.

27) Mood swings, increased sensitivity, interest in new activities, joining social initiatives.