



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
विद्यार्थी का नाम/Name of the student: _____
अनुक्रमांक/Roll No. _____ कक्षा/अनुभाग Class /Sec: तारीख/Date: _____

A. Multiple choice questions (1 x 10 = 10 marks)

- Adolescence generally begins around the age of:
a) 5 years b) 10 years c) 20 years d) 2 years
- The bump in the throat region seen in many adolescent boys is called: a) Thyroid bump
b) Voice bulb c) Adam's apple d) Sound bump
- Acne (pimples) occur due to:
a) Less water b) Increase in oily secretions that clog pores c) Dust allergy d) Sunlight
- Secondary sexual characteristics:
a) Directly help in reproduction b) Are natural signs preparing the body for adulthood
c) Never changed d) Stop growth
- Menstruation usually lasts for:
a) 1–2 days b) 3–7 days c) 10–12 days d) 20 days
- Menstrual cycle commonly recurs every:
a) 5 days b) 14 days c) 28–30 days d) 70 days
- Which nutrient helps in formation of blood?
a) Calcium b) Carbohydrates c) Iron d) Fats
- Used sanitary pads should be disposed:
a) In the open b) Flushed c) Wrapped and put in dustbin d) Thrown on road

9. Harmful substances like tobacco and alcohol are dangerous because:

- a) They improve health
- b) They are addictive
- c) They boost memory
- d) They remove pimples

10. The chemicals responsible for adolescent changes are called:

- a) Vitamins
- b) Hormones
- c) Sugars
- d) Salts

B. Assertion–Reason Questions (4 × 1 = 4 marks)

- (A) Both A and R are true & R explains A
- (B) Both A and R are true, but R does not explain A
- (C) A true, R false
- (D) A false, R true

1.A: Puberty marks the onset of reproductive capability.

R: The body undergoes internal and external changes.

2.A: Some adolescent boys develop facial and chest hair.

R: Secondary sexual characteristics help distinguish males from females.

3.A: Personal hygiene prevents infections during adolescence.

R: Sweat and oil glands become more active in this age.

4.A: Harmful substances like alcohol should be avoided.

R: They are addictive and may damage lungs and memory.

C. Case Study (4 × 1 = 4 marks)

Sneha is 13. She notices pimples on her face, increased height, and feels sensitive in her behaviour. Her teacher explains that oily secretions during adolescence may clog pores. She advises washing regularly, eating a nutritious diet, and handling emotions responsibly.

1. Which stage of life is Sneha in?

2. Pimples appear due to increase in _____ secretions.

3. Which simple hygiene step can help prevent skin infections?

4. Sneha feeling sensitive is an example of _____ change.

D. Short Answer Questions (2 marks × 5 = 10 marks)

1. Define adolescence. Mention its age range.
2. What are secondary sexual characteristics? Give one example from boys and one from girls.
3. Why do some adolescents develop pimples?
4. State two government initiatives that support menstrual hygiene.
5. Why should adolescents say “NO” to harmful substances?

E. Short Answer Questions (3 marks × 4 = 12 marks)

1. Describe any three physical changes occurring during adolescence.
2. Explain menstruation. When does it begin and end in a woman’s life?
3. Suggest three ways adolescents can maintain personal hygiene.
4. “Adolescence also causes emotional and behavioural changes.” Explain with examples.