Pt. Yad Ram Sec. Public School

Bhajanpura Delhi-110053

Worksheet (2026-2027)

Class- 7th

Subject - Science

Chapter - 6 Adolescence: A Stage of growth and change

Q1. Fill in the blanks

1. The changes during puberty are controlled by _____.
2. Harmful substances like tobacco and drugs can become _____.
3. Hormones are produced by _____ glands.

Q2. True or False

1. Adolescence is the period from 5-10 years. □
2. Biodegradable sanitary pads are eco-friendly options for menstrual hygiene. □

Q3. Multiple Choice Questions

1. What is the first menstrual flow at puberty called?

i) Menopause □ ii) Ovulation □

iii) Menarche □ iv) Fertilization □

2. Which hormone controls the secondary sexual characteristics in boys?

i) Estrogen □ ii) Testosterone □

iii) Progesterone □ iv) Insulin □

Q4. Name the following

1. Hoarseness in the voice of adolescent boys is due to the enlargement of this body part.
2. Skin condition resulting from overactivity of oil glands.

Q5. Define adolescence.

Q6. What do you mean by secondary sexual characters?

Q7. What changes take place in the voice of boys during adolescence?

Q8. Discuss the menstrual cycle in human beings.

Q9. Compare the changes taking place in girls and boys at puberty.

Q10. Why is it important to maintain menstrual hygiene? Write some menstrual hygiene and sanitary habits.