

Class : VIII

Max. Marks : 40

Time : 1 hr

Instructions:

- All questions are compulsory.
- Read all the questions carefully before answering.
- Answer the questions neatly and clearly.
- Answer in one or two sentences for short answer questions.
- Draw neat diagrams wherever required.

Section A – Multiple Choice Questions (1 × 10 = 10 Marks)

1. The period of life between childhood and adulthood is called:
a) Infancy b) Adolescence c) Adulthood d) Old age
2. The age group of adolescence is generally between:
a) 5–10 years b) 8–12 years c) 11–19 years d) 20–25 years
3. The hormone responsible for changes in boys is:
a) Estrogen b) Insulin c) Testosterone d) Adrenaline
4. Which hormone controls growth and development during adolescence?
a) Thyroxin b) Growth hormone c) Insulin d) Estrogen
5. Which of the following is a secondary sexual character in girls?
a) Growth of beard b) Deepening of voice c) Development of breasts d) Growth of moustache
6. Which gland controls other endocrine glands?
a) Thyroid b) Pituitary c) Adrenal d) Pancreas
7. Menstruation occurs only in:
a) Boys b) Girls c) Both d) Children
8. Which hormone is released by the thyroid gland?
a) Insulin b) Adrenaline c) Thyroxin d) Testosterone
9. Which of the following helps in maintaining good health during adolescence?
a) Junk food b) Regular exercise c) Lack of sleep d) Skipping meals
10. The stage when reproductive organs become fully mature is called:
a) Puberty b) Adolescence c) Adulthood d) Infancy

Section B – Very Short Answer Questions (2 × 5 = 10 Marks)

11. Define adolescence.
12. What is puberty?
13. Name any two changes that occur in boys during adolescence.
14. What is menstruation?
15. Name any two endocrine glands.

Section C – Short Answer Questions (3 × 4 = 12 Marks)

16. Explain the role of hormones during adolescence.
17. What are secondary sexual characters? Give examples.
18. Write the importance of balanced diet during adolescence.
19. How can adolescents maintain good health?

Section D – Long Answer Questions (4 × 2 = 8 Marks)

20. Describe physical and emotional changes during adolescence.
21. Explain the role of endocrine glands with the help of a diagram.