Adolescence: A Stage of Growth and Change

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. Adolescence is roughly the period of life between the ages of:

(a) 25 and 35 years **(b)** 50 and 60 years
(c) 2 and 5 years **(d)** 10 and 19 years

2. Spinach is a good source of:

(a) vitamin C **(b)** iodine **(c)** iron **(d)** protein

3. Which of these is a HEALTHY habit?

(a) squeezing pimples **(b)** eating chips instead of meals
(c) skipping breakfast every day **(d)** drinking enough water

4. Which of these is an UNHEALTHY habit?

(a) squeezing pimples **(b)** playing a sport
(c) eating fruit and vegetables **(d)** sleeping 8–9 hours

5. Which of these keeps you SAFE online?

(a) sharing your password with a friend **(b)** replying rudely to a bully
(c) not sharing your home address **(d)** posting your school and address

6. A child is 139 cm tall and grows about 7 cm a year. About how tall will the child be after 2 years?

(a) 160 cm **(b)** 146 cm **(c)** 153 cm **(d)** 141 cm

7. A child plays sport for 41 minutes every day. How many minutes is that in a week?

(a) 205 minutes **(b)** 287 minutes **(c)** 48 minutes **(d)** 328 minutes

8. An adolescent sleeps 10 hours each night. How many hours of sleep is that in 12 nights?

(a) 110 hours **(b)** 22 hours **(c)** 120 hours **(d)** 130 hours

Section B — Short answer — 8 × 2 = 16 marks

9. What is adolescence?

10. Which nutrient (calcium, iron or protein) is each a good source of? (a) eggs (b) jaggery

11. Write "healthy" or "unhealthy": (a) trying tobacco or gutka (b) eating fruit and vegetables

12. Is it "safe" or "unsafe" online? (a) sharing your password with a friend (b) blocking a stranger who troubles you

13. Why does each happen during adolescence? (a) more sweating (b) mood swings

14. An adolescent drinks 10 glasses of water a day, each 200 mL. How many litres is that?

15. Adolescence lasts from about 10 to 19 years. A child is 11. How many more years until the age of 15?

16. A teenager spends 1 hour a day on a phone. If they cut it by half and play outdoors instead, how many hours of outdoor play do they gain in 7 days?

Section C — Word problems — 4 × 4 = 16 marks

17. Describe four physical changes and two emotional changes that happen during adolescence.

18. Plan a day's meals for an adolescent using chana, curd, sesame seeds (til), soybean. Which nutrient does each give, and why is it needed in adolescence?

19. A friend's day includes: using a phone late into the night; trying tobacco or gutka; eating fruit and vegetables; talking to a trusted adult when worried. Which habits are healthy and which are not? Suggest a better choice for each unhealthy one.

20. Which of these are safe and which unsafe online: blocking a stranger who troubles you; not sharing your home address; posting your school and address; replying rudely to a bully? What should you do if someone bullies you online?

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Answer key

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Q	Answer	Working
1	**(d) 10 and 19 years**	—
2	**(c) iron**	—
3	**(d) drinking enough water**	—
4	**(a) squeezing pimples**	—
5	**(c) not sharing your home address**	—
6	**(c) 153 cm**	139 + 7 × 2 = 153
7	**(b) 287 minutes**	41 × 7 = 287
8	**(c) 120 hours**	10 × 12 = 120
9	**The stage of life, roughly 10 to 19 years, when the body and mind change from childhood to adulthood.**	—
10	**(a) protein (b) iron**	—
11	**(a) unhealthy (b) healthy**	—
12	**(a) unsafe (b) safe**	—
13	**(a) sweat glands become more active (b) hormones and new feelings**	—
14	**2 L**	10 × 200 = 2000 mL
15	**4 years**	15 − 11 = 4
16	**3.5 hours**	1 ÷ 2 × 7
17	**Physical: increase in height and weight; growth of hair in the armpits; the voice box grows (the voice deepens, more in boys); the skin becomes oily and pimples may appear. Emotional: mood swings and strong feelings; wanting more independence; being more sensitive.**	—
18	**chana: protein; curd: calcium; sesame seeds (til): calcium; soybean: protein. Calcium builds strong bones, iron is needed for healthy blood, and protein for growth.**	—
19	**Healthy: eating fruit and vegetables; talking to a trusted adult when worried. Unhealthy: using a phone late into the night; trying tobacco or gutka. Any sensible better choices.**	—

Q	Answer	Working
20	**Safe: blocking a stranger who troubles you; not sharing your home address. Unsafe: posting your school and address; replying rudely to a bully. Do not reply; block the person and tell a parent or teacher.**	—