

CHAPTER 6

Adolescence: A Stage of Growth and Change

VEDA
ACADEMY

CLASS 7TH

NCERT SOLUTIONS - SCIENCE



P1



P2

1. Ramesh, an 11-year-old boy, developed a few pimples on his face. His mother told him that this is because of ongoing biological changes in his body.

(i) What could be the possible reasons for the development of these pimples on his face?

(ii) What can he do to get some relief from these pimples?

ANSWER

(i) **Possible reasons for the development of pimples:**

Ramesh is undergoing puberty. During this period, hormonal changes take place in the body. These hormones increase the activity of sebaceous (oil) glands in the skin. Excess oil and dirt block the pores, which leads to the formation of pimples on the face.

(ii) **Relief from pimples:**

- Wash the face regularly with mild soap and water.
- Avoid touching or squeezing pimples.
- Maintain personal hygiene.
- Balanced diet and proper sleep can help.

2. Which of the following food groups would be a better option for adolescents and why?



(i)



(ii)

ANSWER

Option (ii) (the balanced Indian meal) would be a better option for adolescents.

Reason:

- It contains a variety of nutrients - carbohydrates (chapati, rice), proteins (dal, pulses, paneer), vitamins and minerals (vegetables, salad), and fats (in moderation).
- Adolescents need a balanced diet for rapid growth, development of bones and muscles, and maintaining energy levels.
- On the other hand, option (i) (burgers, pizza, fries, etc.) is junk food - rich in fats, sugars, and salt but poor in essential nutrients, which can lead to obesity, weakness, and health problems.



ANSWER

Option (ii) is healthier because it provides a balanced diet necessary for the proper growth and development of adolescents.

3. Unscramble the underlined word in the following sentences:

(i) The discharge of blood in adolescent girls which generally occurs every 28-30 days is nstmnoiaretu.

(ii) The hoarseness in the voice of adolescent boys is due to enlarged iceov xob.

(iii) Secondary sexual characteristics are natural signs that the body is preparing for adulthood and mark the onset of urtypeb.

(iv) We should say NO to lahoclo and srgud as they are addictive.

ANSWER

Unscramble the underlined words:

(i) nstmnoiaretu → **menstruation**

Explanation: The monthly discharge of blood in adolescent girls is called menstruation.

(ii) iceov xob → **voice box**

Explanation: The hoarseness in adolescent boys is due to the enlargement of the voice box (larynx).

(iii) urtypeb → **puberty**

Explanation: The onset of secondary sexual characteristics in adolescents marks the beginning of puberty.

(iv) lahoclo → **alcohol**, srgud → **drugs**

Explanation: Alcohol and drugs are addictive substances that should be avoided.

4. Shalu told her friend, “Adolescence brings only physical changes, like growing taller or developing body hair.” Is she correct? What would you change in this description of adolescence?

ANSWER

Shalu is not correct. Adolescence does not only involve physical changes like growing taller or developing body hair.

it also involve: Adolescence also brings emotional, social, and intellectual changes, such as mood swings, increased independence, reasoning ability, and changing relationships with peers and parents.

5. During a discussion in the class, some of the students raised the following points. What questions would you ask them to check the correctness of these points?

(i) **Adolescents do not need to worry about behavioural changes.**

(ii) **If someone tries a harmful substance once, they can stop anytime they want.**

ANSWER

(i) **Question to ask:** Are mood swings, increased irritability, or changing interests normal during adolescence?



(ii) **Question to ask:** Can addictive substances like alcohol or drugs create dependence even after one-time use?

6. **Adolescents sometimes experience mood swings. On some days, they feel very energetic and happy, while on other days, they may feel low. What other behavioural changes are associated with this age?**

ANSWER

Other behavioural changes during adolescence:

- Mood swings and emotional instability
- Desire for independence from parents
- Increased interest in peer relationships
- Development of self-identity and self-consciousness
- Experimenting with new activities or risk-taking behaviour
- Greater reasoning and decision-making abilities

7. **While using a toilet, Mohini noticed that used sanitary pads were scattered near the bin. She got upset and shared her feelings with her friends. They discussed the importance of menstrual hygiene and healthy sanitary habits. What menstrual hygiene and sanitary habits would you suggest to your friends?**

ANSWER

Menstrual hygiene and sanitary habits to be suggested:

- Always use clean sanitary pads or menstrual cups during menstruation.
- Change sanitary pads at regular intervals (every 4-6 hours) to avoid infections and foul smell.
- Dispose of used pads properly by wrapping them in paper and throwing them in a covered dustbin.
- Do not throw pads in open spaces, toilets, or drains.
- Wash genital area with clean water and mild soap regularly to maintain hygiene.
- Wear clean and comfortable cotton underwear and change it daily.
- Never reuse disposable sanitary pads.
- Educate others about safe menstrual practices to remove stigma and maintain community cleanliness.

Conclusion:

Adolescents should use clean sanitary pads, change them regularly, wash the genital area properly, and dispose of used pads safely in covered bins to maintain menstrual hygiene and prevent infections.

8. **Mary and Manoj were classmates and good friends. On turning 11, Mary developed a little bulge on the front of her neck. She visited the doctor who gave her medication and asked to take iodine-rich diet. Similarly, a bump was developed on the front of Manoj's neck when he turned 12. However, the doctor told him that it was a part of growing up. According to you, what could be the possible reason for advising Mary and Manoj differently?**

ANSWER

Case of Mary and Manoj (Neck bulge):



Mary's condition: The bulge was due to goitre, which happens because of iodine deficiency. That's why the doctor prescribed medicine and an iodine-rich diet.

Manoj's condition: The bulge in his neck was the enlargement of the voice box (larynx/Adam's apple), which is a normal change in boys during adolescence.

Reason for different advice: Mary's bulge was a disease (goitre) requiring treatment, while Manoj's bulge was a normal part of puberty.

9. During adolescence, the boys and girls undergo certain physical changes, a few of which are given below.

- (i) Change in voice
- (ii) Development of breasts
- (iii) Growth of moustache
- (iv) Growth of facial hair
- (v) Pimples on the face
- (vi) Growth of hair in the pubic region
- (vii) Growth of hair in armpits

Categorise these changes in the table given below:

Physical changes during adolescence		
Observed only in boys	Observed only in girls	Common in boys and girls

ANSWER

Observed only in boys	Observed only in girls	Common in boys and girls
(i) Change in voice	(ii) Development of breasts	(v) Pimples on the face
(iii) Growth of moustache		(vi) Growth of hair in pubic region
(iv) Growth of facial hair		(vii) Growth of hair in armpits

10. Prepare a poster mentioning the tips for adolescents to live a healthy lifestyle.

ANSWER

Poster: Healthy Habits for a Healthy Future

Stay Healthy, Stay Happy!

Tips for Adolescents to Live a Healthy Lifestyle

1. Eat a Balanced Diet – Include fruits, vegetables, milk, pulses, and cereals.
2. Avoid Junk Food, Alcohol, and Drugs – Say NO to unhealthy habits.
3. Maintain Personal Hygiene – Bathe daily, brush teeth, and follow menstrual hygiene.
4. Exercise Regularly – Play outdoor games, walk, or do yoga.
5. Get Adequate Rest – 7–8 hours of sleep keeps your mind fresh.
6. Manage Stress Positively – Try meditation, hobbies, or music.
7. Respect Family & Friends - Build strong, positive relationships.
8. Be Confident & Say NO to Peer Pressure - Choose what's right for you.

Adolescence is the foundation of your future - live smart, eat right, and stay fit!

