

St. Andrews Scots School

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Class VII(Session: 2026-2027)

Worksheet-6

Subject: Science
Change

Chapter: 6 Adolescence: A Stage of Growth and

Q.1. Define these terms:

- a) Adolescence
- b) Puberty
- c) Secondary sexual characteristics

Q.2. Fill in the blanks:

- a) During adolescence, the skin starts producing more oil called _____.
- b) Dorothy Hodgkin won the Nobel prize in chemistry in 1964 for studying the structure of _____.
- c) When exposure to harmful substances becomes a habit, it is called _____.
- d) The _____ promotes awareness and offers a free helpline.

Q.3. One word answers:-

- a) Which government scheme provides biodegradable sanitary pads at affordable prices?
- b) The stage in which human body becomes capable of reproduction.
- c) What is the reason for changes during adolescence?
- d) What is the main aim of Anaemia Mukht Bharat?

Q.4. True/False:-

- a) Physical activity is very important to stay fit and keep mind fresh.
- b) All adolescents experience changes in the same way and at the same time.
- c) Menstruation is a sign of poor health.
- d) Hormones are only produced in the liver

Q.4. Answer the following questions:

- a) Why should we use social media wisely?

b) What is substance abuse? Why should adolescent avoid it?

c) What is cyber bullying ?

d)What are the health consequences of using substance like tobacco,gutka or illegal drugs?