

SUBJECT : BIOLOGY

CLASS : 7

CHAPTER 1 : ADOLESCENCE : A STAGE OF GROWTH AND CHANGE

NCERT FOLDER

I VERY SHORT ANSWER TYPE QUESTIONS

- 1) Why is adolescence called a 'transition stage' between childhood and adulthood? (T.BK Q 2)

ANS

Adolescence is called a "transition stage" because it is the period between childhood and adulthood when a person undergoes many physical, emotional and behavioural changes and gradually becomes mature for adult life and reproduction.

- 2) Which of the following food groups would be a better option for adolescents and why? (T.BK Q 4)

ANS

A balanced food group with cereals/millet, pulses/eggs, milk, curd, paneer, vegetables, fruits and nuts is the better option for adolescents because it gives energy, helps in growth, and keeps the body healthy.

- 3) Mention any two healthy habits that support growth during adolescence? (T.BK Q 8)

ANS

- a) Eating a balanced and healthy diet.
b) Doing regular physical exercise

IISHORT ANSWER TYPE QUESTIONS

- 1) Explain 'growth spurt' and why its timing can differ among students. Include one example from daily life. (T.BK Q 1)

ANS

A growth spurt is a sudden and rapid increase in height and weight during adolescence. Its timing can differ among students because each person grows at a different rate due to hormones, genes, nutrition and health.

Example: In a class, one student may become taller earlier than others, while another may grow taller a few years later.

- 2) Describe a balanced plate for adolescents with two food examples each for energy, body-building, and protective foods. (T.BK Q 4)

ANS

A balanced plate for adolescents should include foods that give energy, help body growth and protect the body from diseases.

* Energy foods :- Rice, Chapathi

* Body building foods :- Eggs, milk

* Protective foods :- Spinach, Orange.

These foods help adolescents grow healthy and strong.

- 3) With one neat flow arrow diagram, show the pathway of control in puberty and mention one example change. (T.BK Q 8)

ANS

Brain



Endocrine glands



Hormones released



Hormones travel in Blood



Target organs



Changes during puberty.

Example change:- Deepening of Voice in boys.

III

LONG ANSWER TYPE QUESTIONS

- 1) Describe important "Do's and Dont's" for using Social media responsibly. (T.BK.Q 3)

ANS

Do's :-

- 1) Think carefully before posting anything online.
- 2) Keep personal information private
- 3) Ask permission before sharing others photos.
- 4) Report cyberbullying to parents, teachers, or the platform.

Don'ts :-

- 1) Do not share personal details.
- 2) Do not forward fake news or hurtful messages.
- 3) Do not accept friend request from strangers.
- 4) Do not bully others online.

- 2) Using the giving diagram, explain different ways of how Smoking damages the lungs and breathing. (T.BK.Q 4)

Ans

Smoking damages the lungs and breathing in many ways. The harmful chemicals enter the lungs and damage the air sacs and air passages. Smoking reduces the amount of oxygen reaching the body and causes breathing difficulty. It also irritates the lungs, leading to coughing and breathlessness. Overtime, smoking may lead to serious diseases such as lung cancer and chronic breathing problems.

3) ¹⁰ Explain why regular physical activity is important during adolescence. Describe at least five benefits for health and learning. (CT.BK.Q 5)

Ans

¹⁵ Regular physical activity is important during adolescence because it helps the body grow strong and keeps the mind healthy and active.

Benefits of health and learning

- 1) Helps in proper growth of bones and muscles.
- 2) Keeps the body fit and healthy.
- ²⁰ 3) Improves concentration and memory.
- 4) Reduce stress
- 5) Increases energy and helps students perform better in sports and daily activities.

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I : VERY SHORT ANSWER TYPE

Q 1 = Pg No. 1.1

Q 3 = Pg No. 1.2

Q 5 = Pg No. 1.2

Q 6 = Pg No. 1.3

Q 7 = Pg No. 1.5

II : SHORT ANSWER TYPE

Q 2 = Pg No. 1.2

Q 3 = Pg No. 1.3

Q 5 = Pg No. 1.5

Q 6 = Pg No. 1.5

Q 7 = Pg No. 1.5

III : LONG ANSWER TYPE

Q 1 = Pg No. 1.5

Q 2 = Pg No. 1.2 + 1.3