

## 50 MCQ Test: Reaching the Age of Adolescence

(Sainik School Entrance - 9th Class)

**Instructions:** Choose the correct option for each question. Each question carries 1 mark.

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### Part 1: Adolescence and Puberty Basics

1. **The period of life when the body undergoes changes leading to reproductive maturity is called:**
    - a) Childhood
    - b) Adolescence
    - c) Adulthood
    - d) Old age
  2. **Adolescence begins around the age of:**
    - a) 5-7 years
    - b) 11-13 years
    - c) 18-20 years
    - d) 25-30 years
  3. **The stage when a person becomes capable of reproduction is called:**
    - a) Childhood
    - b) Puberty
    - c) Adulthood
    - d) Menopause
  4. **Puberty is initiated by:**
    - a) Increase in physical activity
    - b) Changes in diet
    - c) Secretion of hormones
    - d) Environmental factors
  5. **Which of these is NOT a characteristic of adolescence?**
    - a) Rapid physical growth
    - b) Mental maturity
    - c) Reproductive development
    - d) Decreased brain development
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### Part 2: Physical Changes in Boys

6. **In boys, during puberty, the voice becomes deeper due to:**
  - a) Growth of lungs
  - b) Growth of larynx (voice box)
  - c) Thickening of tongue
  - d) Development of teeth
7. **Growth of facial hair in boys is stimulated by:**
  - a) Estrogen
  - b) Progesterone
  - c) Testosterone
  - d) Insulin
8. **Which gland becomes more active and may cause acne during adolescence?**
  - a) Sweat glands
  - b) Sebaceous glands
  - c) Salivary glands
  - d) Mammary glands
9. **Adam's apple is:**
  - a) A type of fruit
  - b) Enlarged thyroid gland
  - c) Prominent part of larynx in males
  - d) Part of digestive system
10. **Broadening of shoulders in boys is mainly due to:**
  - a) Fat deposition
  - b) Bone growth

- c) Muscle development
  - d) All of the above
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### **Part 3: Physical Changes in Girls**

11. **Development of breasts in girls is stimulated by:**
    - a) Testosterone
    - b) Estrogen
    - c) Thyroxine
    - d) Adrenaline
  12. **The onset of menstruation in girls is called:**
    - a) Ovulation
    - b) Menarche
    - c) Menopause
    - d) Fertilization
  13. **Widening of hips in girls during puberty helps in:**
    - a) Better balance
    - b) Childbirth
    - c) Faster running
    - d) Sitting comfortably
  14. **Menstrual cycle in women repeats approximately every:**
    - a) 15 days
    - b) 28 days
    - c) 45 days
    - d) 60 days
  15. **The stoppage of menstruation in older women is called:**
    - a) Menarche
    - b) Ovulation
    - c) Menopause
    - d) Fertilization
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### **Part 4: Common Changes in Both Sexes**

16. **Sudden increase in height during puberty is due to:**
  - a) Growth of bones
  - b) Growth of muscles
  - c) Growth of fat tissue
  - d) All of the above
17. **Increased activity of sweat and sebaceous glands during puberty causes:**
  - a) Increased appetite
  - b) Acne and body odor
  - c) Better eyesight
  - d) Stronger bones
18. **Development of secondary sexual characteristics is controlled by:**
  - a) Nervous system
  - b) Hormones
  - c) Diet only
  - d) Exercise only
19. **Which of these changes occurs in both boys and girls?**
  - a) Growth of facial hair
  - b) Development of breasts
  - c) Growth of underarm hair
  - d) Voice becoming deep
20. **The brain development during adolescence leads to:**
  - a) Reduced thinking capacity
  - b) Enhanced reasoning abilities

- c) Memory loss
  - d) Decreased learning capacity
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#### **Part 5: Endocrine Glands and Hormones**

21. **Chemical messengers secreted by endocrine glands are called:**

- a) Enzymes
- b) Hormones
- c) Antibodies
- d) Neurotransmitters

22. **The master gland that controls other endocrine glands is:**

- a) Thyroid
- b) Pituitary
- c) Adrenal
- d) Pancreas

23. **Growth hormone is secreted by:**

- a) Thyroid gland
- b) Pituitary gland
- c) Adrenal gland
- d) Pancreas

24. **The hormone that regulates metabolism is:**

- a) Insulin
- b) Thyroxine
- c) Adrenaline
- d) Testosterone

25. **Insulin is secreted by:**

- a) Liver
- b) Pancreas
- c) Stomach
- d) Intestine

26. **Which gland is called the emergency gland?**

- a) Thyroid
- b) Pituitary
- c) Adrenal
- d) Pancreas

27. **Adrenaline prepares the body for:**

- a) Digestion
- b) Fight or flight response
- c) Sleep
- d) Growth

28. **The male sex hormone is:**

- a) Estrogen
- b) Progesterone
- c) Testosterone
- d) Thyroxine

29. **The female sex hormones are:**

- a) Testosterone and progesterone
- b) Estrogen and progesterone
- c) Estrogen and testosterone
- d) Thyroxine and insulin

30. **Goiter is caused by deficiency of:**

- a) Insulin
  - b) Thyroxine
  - c) Growth hormone
  - d) Adrenaline
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## Part 6: Reproductive Health

31. **A balanced diet for adolescents should be rich in:**
- a) Proteins and carbohydrates
  - b) Fats only
  - c) Proteins, vitamins and minerals
  - d) Sugars only
32. **Iron-rich food is important for adolescents, especially girls, to prevent:**
- a) Goiter
  - b) Anemia
  - c) Diabetes
  - d) Obesity
33. **Personal hygiene during puberty is important to prevent:**
- a) Infections
  - b) Acne
  - c) Body odor
  - d) All of the above
34. **The importance of physical exercise during adolescence includes:**
- a) Proper growth and development
  - b) Maintaining healthy weight
  - c) Building strong bones and muscles
  - d) All of the above
35. **Drugs, smoking and alcohol should be avoided during adolescence because they:**
- a) Affect growth and development
  - b) Can become addictive
  - c) Harm vital organs
  - d) All of the above
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## Part 7: Reproductive System

36. **Sperms are produced in:**
- a) Testes
  - b) Ovaries
  - c) Uterus
  - d) Fallopian tubes
37. **Eggs (ova) are produced in:**
- a) Testes
  - b) Ovaries
  - c) Uterus
  - d) Vagina
38. **Fertilization of egg by sperm occurs in:**
- a) Uterus
  - b) Ovary
  - c) Fallopian tube
  - d) Vagina
39. **The organ where the baby develops during pregnancy is:**
- a) Ovary
  - b) Fallopian tube
  - c) Uterus
  - d) Vagina
40. **The hormone that prepares uterus for pregnancy is:**
- a) Estrogen
  - b) Progesterone
  - c) Testosterone
  - d) Insulin
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## Part 8: Advanced Concepts

41. **Which hormone stimulates the thyroid gland?**  
a) TSH (Thyroid Stimulating Hormone)  
b) ACTH  
c) FSH  
d) LH
42. **Diabetes is caused by deficiency of:**  
a) Thyroxine  
b) Insulin  
c) Adrenaline  
d) Growth hormone
43. **The hormone that causes milk production in mothers is:**  
a) Prolactin  
b) Oxytocin  
c) Estrogen  
d) Progesterone
44. **Which hormone is responsible for ovulation?**  
a) FSH  
b) LH  
c) Estrogen  
d) Progesterone
45. **Dwarfism is caused by deficiency of:**  
a) Thyroxine  
b) Growth hormone  
c) Insulin  
d) Adrenaline
46. **Gigantism is caused by excess of:**  
a) Thyroxine  
b) Growth hormone  
c) Insulin  
d) Adrenaline
47. **Chromosomes determine the sex of the baby. Females have:**  
a) XX chromosomes  
b) XY chromosomes  
c) YY chromosomes  
d) XO chromosomes
48. **Males have:**  
a) XX chromosomes  
b) XY chromosomes  
c) YY chromosomes  
d) XO chromosomes
49. **The hormone that causes contraction of uterus during childbirth is:**  
a) Prolactin  
b) Oxytocin  
c) Estrogen  
d) Progesterone
50. **Which of these glands is both exocrine and endocrine?**  
a) Pituitary  
b) Thyroid  
c) Pancreas  
d) Adrenal

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**Answer Key:**

1. b) Adolescence
2. b) 11-13 years
3. b) Puberty

4. c) Secretion of hormones
5. d) Decreased brain development
6. b) Growth of larynx (voice box)
7. c) Testosterone
8. b) Sebaceous glands
9. c) Prominent part of larynx in males
10. c) Muscle development
11. b) Estrogen
12. b) Menarche
13. b) Childbirth
14. b) 28 days
15. c) Menopause
16. a) Growth of bones
17. b) Acne and body odor
18. b) Hormones
19. c) Growth of underarm hair
20. b) Enhanced reasoning abilities
21. b) Hormones
22. b) Pituitary
23. b) Pituitary gland
24. b) Thyroxine
25. b) Pancreas
26. c) Adrenal
27. b) Fight or flight response
28. c) Testosterone
29. b) Estrogen and progesterone
30. b) Thyroxine
31. c) Proteins, vitamins and minerals
32. b) Anemia
33. d) All of the above
34. d) All of the above
35. d) All of the above
36. a) Testes
37. b) Ovaries
38. c) Fallopian tube
39. c) Uterus
40. b) Progesterone
41. a) TSH (Thyroid Stimulating Hormone)
42. b) Insulin
43. a) Prolactin
44. b) LH
45. b) Growth hormone
46. b) Growth hormone
47. a) XX chromosomes
48. b) XY chromosomes
49. b) Oxytocin
50. c) Pancreas