

CLASS 7

SCIENCE

EXTRA QUESTIONS

Extra Questions for Class 7 Science Chapter 6: Adolescence – A Stage of Growth and Change

Fresh practice questions for Class 7 Science Chapter 6 "Adolescence: A Stage of Growth and Change", designed to reinforce key concepts.

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Q1.

Explain why the age range of adolescence (roughly 10–19 years) is described as a “transition” period.

Answer: Adolescence is called a transition period because it is the stage of development between childhood and adulthood, during which the body undergoes rapid physical, hormonal, emotional, and behavioural changes, gradually preparing a person for adult life and reproductive maturity.

Q2. Assertion-Reason

Assertion (A): A balanced, nutrient-rich diet is especially important during adolescence.

Reason (R): The body undergoes rapid growth during adolescence, requiring extra proteins, vitamins, and minerals.

Answer: Both A and R are true, and R correctly explains A.

Q3.

Name the hormones primarily responsible for the physical and emotional changes seen in boys and girls during puberty.

Answer: In girls, **estrogen** plays a key role; in boys, **testosterone** plays a key role. These hormones drive the development of secondary sexual characteristics and also influence mood and emotions during adolescence.

Q4. Spot the error

A student wrote: “Secondary sexual characteristics like facial hair and breast development directly cause mood swings in adolescents.” Identify and correct the error.

Answer: This is incorrect. Both the physical changes (like facial hair and breast development) and the emotional changes (like mood swings) are caused by the same underlying hormonal changes during puberty — one does not directly cause the other; they are parallel effects of the same hormonal shift.

Q5. HOTS

A classmate says, “Feeling anxious or wanting more independence during adolescence means something is wrong with me.” How would you respond, using concepts from this chapter?

Answer: This is a normal and common part of adolescent development. Hormonal changes during puberty affect emotions, and many adolescents experience mood swings, a desire for independence, and identity exploration. These are typical developmental changes, not signs that something is wrong; positive outlets like sports, creative activities, and open conversation with trusted adults can help manage these feelings constructively.

Q6.

Why is iron especially important in the diet of adolescent girls?

Answer: Adolescent girls lose blood (and iron) regularly through menstruation, which increases their risk of iron-deficiency anaemia. Consuming iron-rich foods (green leafy vegetables, beans, lentils, fortified cereals) helps replenish this iron and maintain healthy haemoglobin levels.

Q7.

List three responsible online habits adolescents should follow, and explain why each matters.

Answer: (1) Avoid sharing personal photos or information with strangers — protects personal safety and privacy. (2) Think before posting — prevents content that could be misused or cause embarrassment later. (3) Never share your live location while travelling — prevents strangers from tracking your physical whereabouts.

Q8.

A doctor recommends an iodine-rich diet for a patient with a neck swelling. Which condition is most likely involved, and which gland does it affect?

Answer: The condition is likely **goitre**, which affects the **thyroid gland** in the neck; it develops due to iodine deficiency, since iodine is essential for normal thyroid function.

Q9.

Explain, with an example, why proper menstrual hygiene is important for health.

Answer: Proper menstrual hygiene — such as regularly changing sanitary pads every 4–5 hours and washing the genital area — prevents the growth of harmful bacteria, reducing the risk of infections and discomfort. Poor hygiene during menstruation can lead to reproductive tract infections.

Q10.

Why might two adolescents of the same age show very different physical changes at different times?

Answer: The onset and pace of puberty varies naturally from person to person due to differences in genetics, nutrition, and overall health, so it is completely normal for two adolescents of the same age to be at different stages of physical development.

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