

CLASS 7

SCIENCE

NCERT SOLUTIONS

NCERT Solutions for Class 7 Science Chapter 6: Adolescence – A Stage of Growth and Change – Curiosity

Complete NCERT Solutions for Class 7 Science Chapter 6 "Adolescence: A Stage of Growth and Change" from the Curiosity textbook, covering physical, emotional, and nutritional aspects of adolescent development.

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In-Text Questions

Q1. Adolescents, especially girls, may suffer from blood-related health problems due to iron or vitamin B12 deficiency.

(i) What are such health problems?

Answer: A common condition is **anaemia**, where the level of haemoglobin in the blood becomes low. Since haemoglobin carries oxygen through the blood, low levels leave a person feeling tired, weak, and dizzy.

(ii) How can iron deficiency be managed?

Answer: By eating iron-rich foods such as green leafy vegetables, beans, lentils, fortified cereals, and meat.

(iii) Government schemes to prevent such deficiencies:

Answer: (a) National Iron Plus Initiative (NIPI) for Control of Iron Deficiency Anaemia (b) Mid-Day Meal Scheme (c) Anaemia Mukht Bharat (AMB).

Q2. Sources of vitamin B12.

Answer: Vitamin B12 is mainly found in animal-based foods such as milk, meat, fish, poultry, eggs, and other dairy products. It is essential for red blood cell formation, neurological function, and DNA synthesis.

Exercise Questions

Q1. Ramesh, age 11, develops pimples on his face; his mother says this is due to biological changes.

(i) Possible reason?

Answer: The pimples are likely due to hormonal changes during puberty, which increase oil production from the skin's glands. This excess oil can clog pores, leading to pimples/acne.

(ii) How can he get relief?

Answer: He can use a gentle facial cleanser, drink plenty of water, follow a balanced diet, and avoid squeezing or picking at pimples (which can worsen the condition).

Q2. Which food group is better for adolescents, and why?

Answer: A food group rich in vegetables, whole grains, and dairy products is the better option, since such foods provide essential nutrients — proteins, carbohydrates, vitamins, and minerals — needed for healthy growth and development during adolescence.

Q3. Unscramble the underlined words:

The discharge of blood in adolescent girls occurring every 28–30 days: **menstruation**

Hoarseness in adolescent boys' voice, due to an enlarged: **voice box**

Secondary sexual characteristics mark the onset of: **puberty**

We should say no to: **alcohol and drugs**

Q4. Shalu says adolescence only brings physical changes like growing taller or developing body hair. Is she correct?

Answer: No, Shalu is not completely correct. Adolescence is not just about physical changes — it also includes the development of reproductive capability, as well as significant emotional and behavioural changes.

Q5. Two classroom claims to question:

(i) **“Adolescents do not need to worry about behavioural changes.”** Questions to raise: What makes you think behavioural changes during adolescence are something to worry about? Why is it important to adapt to these changes positively rather than worry about them?

(ii) **“If someone tries a harmful substance once, they can stop anytime.”** Questions to raise: What makes you think someone can stop using a harmful substance whenever they want? Are you aware of addiction, and how even one-time use can affect the ability to stop? Have you seen research suggesting it's easy to quit after trying a harmful substance once?

Q6. Besides mood swings, what other behavioural changes occur during adolescence?

Intense emotions that can change quickly

A strong desire for independence and personal decision-making

Peer pressure to fit in and follow group norms

Exploration of personal identity

Increased use of technology, such as mobile phones and social media

Q7. What menstrual hygiene and sanitary habits should be followed?

Use sanitary pads or reusable cloth pads during menstruation.

Change pads regularly, roughly every 4–5 hours as needed.

Wash the genital area properly to maintain cleanliness and prevent bacterial infections.

Wrap used sanitary pads in paper before disposing of them in a dustbin.

Wash hands thoroughly with soap and water before and after handling sanitary pads.

Q8. Mary (age 11) develops a neck bulge and is advised an iodine-rich diet; Manoj (age 12) develops a neck bump and is told it's a normal part of growing up. Why the different advice?

Answer: Mary's bulge is likely **goitre**, caused by iodine deficiency affecting the thyroid gland, so an iodine-rich diet was recommended. Manoj's bump is the natural growth of his voice box (the “Adam's apple”) as

he enters puberty — a normal developmental change that can also cause a temporarily hoarse voice.

Q9. Categorise these physical changes of adolescence: change in voice, development of breasts, growth of moustache, growth of facial hair, pimples on the face, growth of pubic hair, growth of armpit hair.

Observed only in boys	Observed only in girls	Common in both boys and girls
Change in voice	Development of breasts	Pimples on the face
Growth of moustache		Growth of hair in the pubic region
Growth of facial hair		Growth of hair in armpits

Q10. Preparing a poster of healthy-lifestyle tips for adolescents is a hands-on creative activity to be done individually.

Chapter Activities

Activity 6.2: Emotional changes and positive growth

Key emotional change	Probable effect on behaviour	Ways for positive growth
Mood swings	May lead to varied activities like music, dance, or sports	Self-exploration and creative involvement
Strong emotions	Increased sensitivity	Compassion, involvement in social work
Fear or insecurity	Self-doubt	Practising kindness toward yourself

Activity 6.3: Food sources, nutrients, and their functions

Food sources	Nutrients	Function
Milk, millet, curd, cheese, paneer	Calcium, proteins, fats, vitamins, minerals	Optimal bone growth, healthy teeth
Pulses, beans, milk, meat, butter, wheat, rice, maize	Proteins, fats, carbohydrates	Proper growth, strength, energy, repair of damaged cells
Spinach, kidney beans, raisins, figs	Iron, dietary fibres	Blood formation, removal of undigested food from the body

Activity 6.4: Dos and don'ts on social media

Dos	Don'ts
Be respectful and kind	Do not share personal photos with strangers/virtual friends

Think before posting	Do not share personal information with strangers/virtual friends
Protect your privacy	Do not share your location wherever you are travelling

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