

CLASS 7

SCIENCE

REVISION NOTES

Revision Notes for Class 7 Science Chapter 6: Adolescence – A Stage of Growth and Change

Quick revision notes summarizing all key concepts from Class 7 Science Chapter 6 "Adolescence: A Stage of Growth and Change".

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Adolescence is the transitional stage of development between childhood and adulthood, roughly spanning ages 10 to 19.

Puberty marks the onset of adolescence, triggered by hormonal changes (estrogen in girls, testosterone in boys) that lead to secondary sexual characteristics.

Physical changes only in boys: change in voice (due to voice box growth), growth of moustache and facial hair. Physical changes only in girls: development of breasts, onset of menstruation. Common to both: pimples, growth of pubic and armpit hair.

Menstruation is the periodic (roughly 28-30 day) discharge of blood in adolescent girls; proper hygiene (regular pad changes, cleanliness, hygienic disposal) is essential.

Adolescence involves emotional and behavioural changes too, not just physical ones: mood swings, desire for independence, peer pressure, identity exploration, and increased technology use.

A balanced, nutrient-rich diet is essential during adolescence for rapid growth; iron-rich foods help prevent anaemia (especially important for girls due to menstrual blood loss), and calcium-rich foods support bone growth.

Goitre (thyroid gland enlargement) results from iodine deficiency and is treated with an iodine-rich diet – distinct from the normal, harmless growth of the voice box (Adam’s apple) in boys during puberty.

Adolescents should avoid harmful substances like alcohol and drugs, as even trying them once can lead to addiction.

Responsible social media habits (privacy protection, not sharing personal information/location with strangers, thinking before posting) are important during adolescence.

Government schemes supporting adolescent health include the National Iron Plus Initiative (NIPI), the Mid-Day Meal Scheme, and Anaemia Mukh Bharat (AMB).

NCERT Solutions: [Class 7 Science Chapter 6](#)

Extra Questions: [Class 7 Science Chapter 6](#)

For the full chapter, see the [Class 7 Science book page](#) and the [Class 7 Science Formulas Handbook](#).