CHAPTER 10 REACHING THE AGE OF ADOLESCENCE

CLASS VIII HAND OUT SCIENCE

 MODULE 5

REPRODUCTIVE HEALTH \*The Physical and mental well being of an individual is regarded as an individual’s health.

 \* To keep the body healthy , every human being , at any age needs to have a balance diet.

 \* The person must also observe personal hygiene and

 undertake adequate physical exercise.

* During adolescence ,however , these become even more essential as the body is growing.

NUTRITIONAL NEEDS OF THE ADOLESCENTS

* Adolescence is a stage of rapid growth and development.

 \* Hence the diet for an adolescent has to be carefully

 planned.

 BALANCED DIET

\*A diet which contains all the necessary nutrients such as

proteins, carbohydrates, fats and vitamins in proper proportions is called a balanced diet.

* Our Indian meal of roti /rice ,dal (pulses) and vegetables is a balanced meal.
* Milk is a balanced food in itself.
* Fruits also provide nourishment .
* Iron builds blood and iron-rich food such as leafy vegetables, jaggery, meat, citrus , Indian gooseberry (amla) good for adolescents.

\*Chips and packed or tinned snacks, though very tasty should never replace regular meals as they do not have adequate nutritional value.

PERSONAL HYGIENE

\*Everyone should have a bath at least once everyday.

 \* It is more necessary for teenagers because the increased activity of sweat glands sometimes makes the body smelly.

\*All parts of the body should be washed and cleaned everyday.

 \* If cleanliness is not maintained there are chances of catching bacterial infection.

 \* Girls should take special care of cleanliness during the time of menstrual flow.

\* They should keep track of their menstrual cycle and be prepared for the onset of menstruation.

PHYSICAL EXERCISE

* Walking and playing in fresh air keeps the body fit and healthy.
* All young boys and girls should take walks, exercise and play outdoor games.

SAY “NO” TO DRUGS

* Adolescence is a period of much activity in the body and mind which is a normal part of growing up.
* So do not feel confused or insecure.
* Some people take advantage of this and lead adolescents to bad habits.

 \* If anybody suggests that you will get relief if you take some drugs. just say ‘ NO’ unless prescribed by the doctor .

 \* Drugs are addictive.

 \* They harm the body in the long run.

 \* They ruin health and happiness.

 \* AIDS , which is caused by a dangerous virus ,HIV.

\*This virus can pass on to a normal person from an infected person by sharing the syringes used for injecting drugs.

 \* It can also be transmitted to an infant from the infected mother through her milk.

 \* The virus can also be transmitted through sexual contact with a person infected with HIV.

\* MYTHS, TABOOS , Do’s And Don’ts

* \*There are many wrong notions which you should now be able to discard as informed adolescents.
* There are myths and taboos regarding bodily changes that adolescents experience.
* ADOLESCENT PREGNANCY

\*In our country, the legal age for marriage is 18 years for girls and 21 years for boys.

\*This is because teenage mothers are not prepared mentally or physically for motherhood.

\*Early marriage and motherhood cause health problems

in the mother and the child.

 \* It also curtails employment opportunities for the young woman and may cause mental agony as she is not ready for responsibilities of motherhood.

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