CHAPTER 10. REACHING THE AGE OF ADOLESCENCE

CLASS VIII MODULE 5

 WORKSHEET

Q1. Write any three myths about adolescence.

Q2. Why we should say ‘NO’ to Drugs?

Q3. What do you mean by balanced diet ?

Q4. Which type of food are good for adolescents ?

Q5. What factors affect the growth in a person?

Q6. Explain the reproductive health.

Q7. How can young boys and girls take care of their personal

 hygiene ?

Q 8. Why does mother’s milk is considered a better diet

 for infants ?

Q9. What is the function of iron? Name some iron rich

 food items .

Q10 Name the virus that causes AIDS . What are the medium

 through which this virus is transmitted ?

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