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 ?

PREPARED BY, A K MISHRA, TGT/SS, AECS-3,MUMBAI