

Name _____

Date _____

Grades
4th & 5th

Menstruation

* Quiz 2 *

Multiple choice: Circle the correct answer. (1 pt. each)

1. Girls may start their first period as late as 11 14 **16** 19
2. Fertilization requires **1** 2 3 4 of each, (an) egg cell(s) and sperm.
3. Change your pad every 1-2 **3-4** 10-12 24 hours, because this helps keep you clean and prevents build up of bacteria, which can develop an odor.

/ 3 pts.

Fill in the blank: Write in the correct word to complete the sentence. (1 pt. per blank)

4. The reason why we have **periods or menstrual cycles** is so that one day we can have a child.
5. A woman's pelvic reproductive organs include the **ovaries**, the **Fallopian tubes**, the uterus and the **vagina**.
6. About 6 months to 1 year before a girl gets her first period, her body may start to produce **vaginal discharge**.
7. Menstrual TSS is a rare medical illness caused by a toxin released by bacteria that may adhere to a tampon. The higher the tampon absorbency, the greater the risk of TSS. Early symptoms can include **fever, nausea, dizziness, vomiting, sunburn-like rash, diarrhea, sore throat**.
8. During your first gynecological exam, the doctor will exam your **breasts** if they have begun to develop.
9. You were born with **thousands** of eggs in your **ovaries** – these are all the eggs you have for your lifetime.

/ 10 pts.

vocabulary: Write the definition of each word in the space provided. (3 pts per definition)

10. **Bone mass:** **when your ovaries release one egg each month.**
11. **OB-GYN:** **A doctor who specializes in caring for pregnant women, delivering babies and in women's reproductive health.**
12. **Menstrual cycle:** **The length of time from the first day of a menstrual period to the first day of the next period. The cycle is a series of changes in your hormone levels that repeats about every 28 days, signaling your body to send an egg to your uterus for possible fertilization and pregnancy.**
13. **Tampon:** **Tampons, like pads, are products designed to absorb menstrual flow, but are used internally.**

/ 12 pts.

TOTAL / 25 pts.

Developed by: Valerie Sabbag, Health Educator and curriculum developer.
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