

Name _____

Date _____

Grades
4th & 5th

Physical changes during puberty

* Quiz 1 *

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

1. There are 3 4 5 9 stages of puberty that girls go through.
2. Girls can start puberty as early as 4 8 9 10 years of age.
3. Girls usually have their initial growth spurt during stage 1 2 3 5 of puberty.

/ 3 pts.

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

4. During puberty, the changes that will happen to you will in general, fall into these three categories;
_____, _____ and _____.
5. When your body is getting close to puberty, your brain tells your glands to send out chemical signals called _____.
6. You'll be close to your adult height, your breasts are as fully mature, and ovulation and your periods are pretty well established by the end of _____.
7. It is important for you to make sure you get enough _____ every day in order for your bones to grow as strong as possible.
8. A small lump in your chest that signals the beginning of breast development is called a _____.
9. Pimples and body odor only occur in the presence of _____.

/ 9 pts.

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

10. Bone mass: _____
11. Acne: _____
12. Dermatologist: _____
13. Puberty: _____

/ 12 pts.

TOTAL / 24 pts.