

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; physical, emotional and social.
5. When your body is getting close to puberty, your brain tells your glands to send out chemical signals called hormones.
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 stage 5 or puberty.
7. It is important for you to make sure you get enough calcium 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 Breast bud.
9. Pimples and body odor only occur in the presence of bacteria.

/ 9 pts.

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

10. Bone mass: The amount of bone that is present in the body.
11. Acne: A skin condition resulting in blackheads, whiteheads, and pimples resulting from overactive oil glands.
12. Dermatologist: A doctor who specializes in taking care of the skin.
13. Puberty: The developmental process through which a child matures into an adult.

/ 12 pts.

TOTAL / 24 pts.