



Grade 07

Health and Physical  
Education.

14 – Let us get ready for  
adolescence

Part I

Underline the most suitable answer

1. The main function of penis in male reproductive system is
  - i. Produces sperms
  - ii. Holding the testes outside the body keeping the temperature low
  - iii. Ejects semen into the female reproductive system
  - iv. Produce ova
2. Hormones that produce in female reproductive system are
  - i. Oestrogen and Progesterone
  - ii. Testosterone and Oestrogen
  - iii. Oestrogen and Adrenalin
  - iv. Testosterone and Progesterone
3. This is/are factor/s that influence reproductive health
 

i. Healthy habits	ii. Peer pressure
iii. Harmful sexual acts	iv. All of the above
4. A girl's first menstruation is known as
  - i. Malnutrition
  - ii. Menstrual cycle
  - iii. Attaining menarche
  - iv. Ejaculation
5. The incorrect statement about hormones is
  - i. Hormones are chemicals produced by various glands in the body
  - ii. Hormones are transported from the glands to various parts of the body by the semen
  - iii. Hormones influence emergence of secondary sexual features during adolescence
  - iv. None of the above
6. This is not a sexually transmitted disease.
 

i. Measles	ii. Syphilis
iii. Genital herpes	iv. Gonorrhoea
7. A fact that relate to mental readiness during adolescence is,
  - i. Try out good and new things
  - ii. Engage in exercises and sports
  - iii. Identify and develop ones skills
  - iv. Engage in creative activities
8. This is a factor that doesn't affect to the menstruation of girls.
 

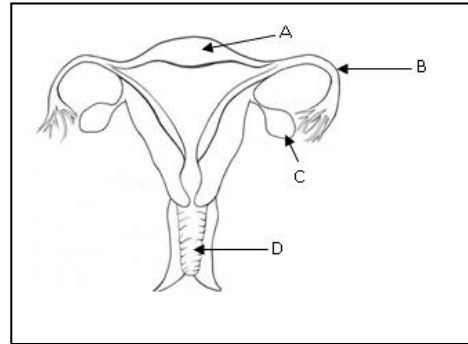
i. Nutritional level	ii. Genetic factors
iii. Bathing	iv. Environmental factors

Part II

Answer all questions.

1) Name the parts of the following female reproductive system.

- A -
- B -
- C -
- D -



2) Write the functions of above parts.

3) State 02 secondary sexual features under each category that is given below.

- a. Physical features of male
- b. Physical features of female
- c. Psychological features
- d. Social features

4) Write two skills you should develop in order to be prepared physically, mentally and socially to face adolescence.