

# VIDYA BHAWAN BALIKA VIDYAPEETH

## STUDY MATERIAL SCIENCE

### CLASS-VIII

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#### ▶ Reaching the age of adolescence

**Adolescence:** It is the period of 11 to 19 years of age during which the body undergoes different changes because of hormonal effect, leading to reproductive maturity.

**Adrenalin:** It is the hormone secreted by Adrenalin glands that helps the body to adjust to stress when one is very angry, embarrassed or worried.

**Balanced Diet:** A diet which contains all the necessary nutrients such as proteins, carbohydrates, fats and vitamins in proper proportions is called a balanced diet.

**Endocrine Glands:** There are certain glands that lack ducts in it and are responsible for the secretion of the chemical substance, called hormones. They pour their secretion directly into the bloodstream. They are called endocrine glands.

**Estrogen:** This is the female sex hormone produced by ovaries, which causes the breasts to develop.

**Hormones:** These are chemical substances which are secreted from endocrine glands to trigger the general effect on the body.

**Insulin:** Insulin is a hormone secreted from the pancreas to hydrolyse the sugar content in the body.

**Larynx:** At puberty, the voice box or the larynx begins to grow.

**Pituitary Gland:** It is the gland that secretes hormones which include growth hormone and hormones that make other glands such as the testes, ovaries, thyroids and adrenals, to secrete hormones. It is also called a master gland.

**Puberty:** The age in which the human body undergoes several changes and the boys and girls show their capability to reproduce.

**Reproductive Health:** Personal health and hygiene of adolescents must be given proper care. Girls should take special care of cleanliness during the time of menstrual flow.

**Secondary Sexual Characters:** Developed breasts in girls and facial hair in boys etc. are called the Secondary Sexual Characters.

**Sex Chromosomes:** One pair out of 23 pairs of chromosomes in human beings are Sex Chromosomes because they are responsible for sex determination.

**Target sites:** Endocrine glands release hormones into the bloodstream to reach a particular body part fraction called Target Site.

**Testosterone:** This is the male sex hormone released by the testes at the onset of puberty.

**Thyroxine:** Thyroxine is a hormone secreted from the thyroid gland.

**Voice Box:** Voice producing part of the throat is called voice box or larynx.