



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. _____ is the time when you begin developing into an adult.
2. List three changes that happen to boys in puberty:

3. List three changes that happen to girls in puberty:

4. Which gland in your body releases the hormones that begin puberty?
 - a. pineal
 - b. adrenal
 - c. pituitary
 - d. thyroid
5. True or false: Estrogen is the hormone that causes most of the changes in a boy's body during puberty. T F
6. During the menstrual cycle, what is released from a girl's ovaries?
 - a. an egg
 - b. a fallopian tube
 - c. a sperm cell
 - d. blood and tissue
7. What's an Adam's apple?

8. _____ is the name for those red bumps called pimples that a lot of kids and teenagers get on their skin.
9. Name two ways you can reduce body odor:

10. A girl can wear a _____ to protect her breast tissue and keep her breasts supported.