



HOW THE BODY CHANGES DURING PUBERTY QUIZ

Read the following questions carefully and circle the most correct answer for each.

1. The stage in life when girls and boys become reproductively mature is:
 - a. Ovulation
 - b. Vernal Equinox
 - c. Puberty
 - d. Menstruation
 - e. Age 9
2. Some hormones secreted by the pituitary gland in girls ripen eggs in the ovaries and trigger their release.
 - a. True
 - b. False
3. The hormone secreted in boys causing the changes in the body is called:
 - a. Oestrogen
 - b. Testosterone
 - c. Gonadotrophin
 - d. Progesterone
4. The hormone produced by boys is produced in the:
 - a. Testes
 - b. Pituitary Gland
 - c. Ovary
 - d. Brain
5. The ovary is responsible for producing oestrogen and progesterone.
 - a. True
 - b. False
6. Oestrogen and progesterone are:
 - a. A scientific term for sweat
 - b. Male hormones
 - c. Female hormones
 - d. Proper names of the left and right ovaries
7. During puberty, girls:
 - a. Grow pubic hair
 - b. Begin menstruating
 - c. Develop breasts
 - d. Get taller
 - e. All of the above



HOW THE BODY CHANGES DURING PUBERTY QUIZ

8. During puberty, boys:

- a. Grow pubic hair
- b. Voice deepens
- c. Become fertile
- d. Get taller
- e. All of the above

9. When the lining of the uterus is shed, _____ is occurring.

- a. Menstruation
- b. Moulting
- c. Fertilization
- d. Puberty
- e. Ovulation

10. The average menstrual cycle is 28 days, but anywhere between 21 and 35 days is normal.

- a. True
- b. False

11. How far can sperm swim in one hour?

- a. 0.9mm
- b. 9mm
- c. 1cm
- d. 9cm

12. The lining of the uterus is called the endometrium.

- a. True
- b. False

13. An egg is normally released on Day 5 of the menstrual cycle.

- a. True
- b. False

14. The average age at which boys begin puberty is 12.

- a. True
- b. False

15. What is the hormone progesterone responsible for?

- a. Maintaining the lining of the womb
- b. Producing sperm
- c. Making the voice deeper
- d. Producing milk

16. Oestrogen is also responsible for the development of breasts and female pubic hair.

- a. True
- b. False



HOW THE BODY CHANGES DURING PUBERTY QUIZ

17. Men can produce sperm all their lives.

- a. True
- b. False

18. What is produced by the prostate gland?

- a. Sperm
- b. Eggs
- c. The fluid in semen
- d. Testosterone

19. What holds the testes?

- a. The prostate gland
- b. The bladder
- c. The scrotum
- d. The uterus

20. If a sperm successfully enters an egg, this is called:

- a. Menstruation
- b. Ejaculation
- c. Fertilisation
- d. Micturation