

St. Mary's School, Dwarka Holiday Homework Class: X <u>Worksheet 1</u>

General Instructions:

- 1) The work should be done neatly and systematically.
- 2) The given questions are to be done in your respective subject notebooks.
- 3) Attempt all questions.

Subject: English

No. of questions: 10

SECTION A- READING (5 marks)

Q1. Read the following passage.

1. The history of human civilization, right from the golden age, evolved parallel to the history of the ways we learnt to handle water and its resources across the globe. As urban areas expanded slowly and steadily, water resources were taken rapidly from remote sources, amounting to luxury engineering impacts like aqueducts, dams, and so on. During the Roman Empire's era, nine major systems had a drastic change with the help of a sophisticated idea of sewers, pipelines, etc. Such advances in engineering by the Roman occupants provided as much water per individual person as it has been in many industrial areas today.

2. It was evident that water resources demand rose exponentially due to the industrial revolution and population growth in the 19th and 20th centuries. Moreover, enormous monuments and other tens and thousands of engineering projects were built, incorporating flood control systems, clean water supply, irrigation and hydropower projects that brought happiness to millions of human lives. There was also a food supply growing to compensate for the soaring population due to the spread of artificial irrigation systems that ensure a potential growth of 40% of the world's food. Almost one-fifth of the current electricity produced across the world is generated using big turbines spun by tsunamis.

3. However, there is a negative face to this picture. Besides our reach, nearly 50 percent of the world's human population still faces hurdles, with water resources lesser than those possessed by the ancient Greeks and Romans. According to the United Nations (UN) report on access to water reemphasized in the month of November 2001, above one billion people are deprived of clean drinking water, and almost two and a half billion people do not have access to necessary sanitation facilities. Avoidable diseases pertaining to

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(1x5=5)

water kill an estimated 11,000 to 22,000 children every day, and recent proof reveals that we need to speed up the process of solving problems before it is too late.

Based on your understanding of the passage, attempt the questions given below.

i. What was the impact of the advancement of engineering by the Romans?

ii. The engineering projects helped in ______.

iii. Why were water resources taken rapidly from remote sources?

iv. Which of the following statements is <u>NOT TRUE</u>?

a) Demand for water resources rose due to the industrial revolution and poverty.

b) Big turbines spun by tsunami are used to generate one-fifth of the current electricity.

c) 50 percent of the world's human population still faces challenges, with water resources.

d) Almost two and a half billion people do not have access to necessary sanitation facilities.

v. Which of the following is the most suitable title for the passage?

a) The Story of Ancient Civilizations and Their Glory

b) Water Resource Management: Achievements and Challenges

c) The Rise of Engineering during the Industrial Revolution

d) Global Population Growth and Energy Crisis

Q2. You are Karan/Kanika of St. John School, Delhi. Your school is interested in visiting the National Science Museum, Pragati Maidan, next week. Write a letter to the Director inquiring about the, guide, tickets, activities, timings etc. Invent other necessary details. (3)

Q3. i. Choose the correct option to fill in the blank:		(½ x4=2)
The principal said, "Students	bring their ID cards every day."	(1/2)
a) can		
b) will		

(1/2)

(1/2)

c) must

d) could

ii. Choose the correct option to fill in the blank:

The heavy rains ______ traffic across the city for hours.

- a) disrupted
- b) had disrupt
- c) was disrupting
- d) has disrupt

iii. Identify the error and supply the correction:

The bouquet of flowers add a touch of freshness to the room.

Error	Correction

iv. Choose the option that supplies the correction:

The committee has submit their report to the principal for final approval.

Option no.	Error	Correction
А	has	have
В	submit	submitted
С	their	its
D	for	to

Q4.i. Identify the error and supply the correction:

Sophie, who know several languages, helped us communicate during the trip.

Error	Correction

ii. Complete the narrative:

The actor's performance the audience deeply.

a) moved

b) move

c) had moving

d) moves

iii. Fill in the blank with the appropriate word (express past habit)

He ______ walk to school before he bought a bicycle.

iv. Identify the error in the given sentence.

Karacabey floodplain is a habitat for hundreds off species of birds each year.

Error	Correction	

Q5. Read the following stanza and answer the questions that follow:

(1/2x2=2)

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(1/2)

(¹/₂x4=2) (¹/₂)

(1/2)

(1/2)

(1/2)

 "But if it had to perish twice, I think I know enough of hate To say that for destruction ice Is also great And would suffice." - Fire and Ice 	
i. What does the poet suggest by saying "if it had to perish twice"?a) The world will be born againb) The world may face destruction againc) The poet wants the world to end twiced) Ice will destroy the world first	(1/2)
 ii. What does "ice" symbolize in the poem? a) cold weather b) snowstorms c) hatred, coldness, and indifference d) glacier melting 	(1/2)
iii. Which emotion does the poet consider equally destructive as desire?a) angerb) greedc) hatredd) envy	(1/2)
iv. What message does the poet convey through the last lines?a) only fire is dangerousb) both fire and ice can destroy the worldc) nature is more powerful than humansd) hatred is harmless	(1/2)
Answer the following questions in about 50 words.	(2x3=6)
Q6. Why did Nelson Mandela feel that "freedom is indivisible" and not just a personal expe	erience?

Q7. What feelings does the poet evoke through the depiction of the tiger's behaviour at night?

Q8. Why do you think Lencho compared the raindrops to new coins? What had he been waiting for?

Answer the following questions in about 80 words.

- **Q9.** "He had never been known to refuse food; he would tackle a meal at any hour of the day or night." Herriot believed that Tricki's problem was his greed. What values would you like Tricki to imbibe? Elucidate.
- Q10. Project Work on Tiger Conservation
 - 1. Research Content
 - 2. Understanding of the Issue
 - 3. Visual Presentation- analysis (mathematics and statistics integration)
 - 4. Threats faced by the tigers and how to protect them

(2)

Subject: Hindi

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No. of questions: 10 निर्देश — 1 दिए गए सभी प्रश्नों के उत्तर हिन्दी की उत्तर पुस्तिका में लिखिए। 2 कार्य स्वच्छ शुद्ध एवं स्पष्ट लेख में कीजिए।

प्रश्न 1 निम्नलिखित गद्यांश पर आधारित प्रश्नों के उत्तर उचित विकल्प चुनकर दीजिएः (1×5=5)

पुस्तकें ज्ञान का भंडार होती हैं। इनमें हर तरह का ज्ञान भरा होता है। ये मनुष्य की सबसे अच्छी मित्र होती हैं। पुस्तकें सच्चे पथप्रदर्शक का काम करती हैं जो मनुष्य को गलत राह पर चलने से सदैव रोकती हैं | जनसाधारण तक ये सुगमता से पहुँच सकें, इसके लिए समय-समय पर पुस्तक मेलों का आयोजन किया जाता है। लोगों की परतकों से निकटता बढाने के लिए, उनमें पठन की अभिरुचि पैदा करने के उद्देश्य से पुस्तक और पाठकों के मध्य दूरी कम करना आवश्यक है। इसके अलावा पुस्तकें छपकर यदि दकानों तक सीमित रह जाती हैं या पुस्तक केंद्रों की शोभा बढाती हैं तो आम आदमी उनसे अनभिज्ञ ही रह जाता है। ऐसे में पुस्तकों का प्रचार-प्रसार करना जरूरी हो जाता है। इस उद्देश्य के पूर्ति में पुस्तक मेले महत्त्वपूर्ण भूमिका निभाते हैं। अब ऐसे मेलों की लोकप्रियता बढ़ती जा रही है।पुस्तक मेले कितने उपयोगी हैं? इस पर दो राय हैं। पहली राय यह कि ये मेले दिखावा बनकर रह जाते हैं। पाठक वर्ग इन तक नहीं पहुँचता है। ये मेले वास्तविक उद्देश्य की पूर्ति में सफल नहीं हो पाते हैं। इसके विपरीत दूसरी राय यह है कि पुस्तक मेले अत्यंत उपयोगी होते हैं | जनसाधारण तक पुस्तकें पहुँचाने, पुस्तकों के विज्ञापन प्रकाशकों की बिक्री बढाने का, ये सशक्त माध्यम हैं। मेरे विचार से पुस्तक मेलों का आयोजन अत्यंत उपयोगी होता है। कई बार ऐसा होता है कि एक पुस्तक को खोजने के लिए हमें बाज़ार की कई दुकानों पर चक्कर लगाना पड़ता है। उपलब्ध न होने पर किसी अन्य बाज़ार में चक्कर लगाना पडता है। पस्तक मेलों में एक ही प्रयास में विभिन्न प्रकाशकों, लेखकों, सविख्यात विचारकों की पस्तकें मिल जाती हैं | यहाँ देश के ही नहीं विदेश के प्रकाशक भी अपना स्टॉल लगाते हैं, जिससे दुर्लभ पुस्तकें भी मिल जाती हैं। इतना ही नहीं ग्राहकों को लुभाने और अपनी बिक्री बढ़ाने के लिए वे विश्लेष छूट भी देते हैं | ऐसे में पाठकों और क्रेताओं को दोहरा लाभ होता है | पुस्तक मेलों का आयोजन और भी उपयोगी एवं लोकप्रिय हो सकता है, यदि इन्हें शहर में अनेक जगहों पर आयोजित किया जाए तथा इनके आयोजन के पूर्व संचार माध्यमों से विधिवत लोगों को जानकारी दी जाए। पुस्तकों को कम-से-कम मूल्य पर बेचा जाए, जिसमें प्रकाशकों को भी घाटा भी न हो और पाठकों को लाभ भी मिल जाए।पुस्तक मेलों की उपयोगिता निस्संदेह है।

(i) पुस्तकों की किस विशेषता के कारण उन्हें अच्छा मित्र कहा गया है?

- (क) ज्ञानवर्धक
- (ख) मनोरंजक
- (ग) पथप्रदर्शक
- (घ) लोकप्रिय

(ii) पुस्तक मेलों का आयोजन क्यों किया जाता है?
(क) जनसाधारण को सुगमता से उपलब्ध कराने हेतु
(ख) पुस्तकें अधिक मूल्य में बेचने हेतु
(ग) पुस्तकें अधिक मूल्य में न बेचने हेतु
(घ) जनसाधारण को दुर्लभता से उपलब्ध कराने हेतु

(iii) निम्नलिखित कथन(A)तथा कारण(R)को ध्यानपूर्वक पढ़कर उचित विकल्प का चयन कीजिए—

कथन(A) पुस्तक मेले अत्यंत उपयोगी होते हैं। कारण(R) पुस्तक मेलों में दुर्लभ पुस्तकें भी मिल जाती हैं। (क) कथन(A) तथा कारण(R) दोनों गलत हैं। (ख) कथन(A) गलत है तथा कारण(R) सही है। (ग) कथन(A) सही है लेकिन कारण(R) गलत है। (घ) कथन(A) तथा कारण(R) दोनों सही हैं।तथा कारण(R) कथन(A)की सही व्याख्या करता है।

(iv) वर्तमान समय में पुस्तक मेलों का क्या महत्त्व है?

(V) पुस्तक मेलों की उपयोगिता के विषय में लोगों की क्या राय हैं?

निम्नलिखित प्रश्नों के उत्तर उचित विकल्प चुनकर दीजिएः : (1×5=5)

प्रश्न 2 ' शहीद होने वाला सैनिक मेरा दोस्त है।' वाक्य में रेखांकित पदबंध का सही भेद क्या है ?

प्रश्न 3 ' हिरण बहुत तेज गति से भाग रहा है।' वाक्य में क्रिया विशेषण पदबंध क्या है ?

प्रश्न 4 मैने मदन को समझाया परन्तु वह नहीं माना -- वाक्य रचना की दृष्टि से कौन सा प्रकार है?

- प्रश्न 5 हाथ -पाँव फूलना' मुहावरे का अर्थ लिखकर वाक्य में प्रयोग कीजिए।
- प्रश्न 6 सब्जी खराब देने पर महिला ने सब्जी वाले को ----- उचित मुहावरे से रिक्त स्थान भरिए |

प्रश्न 7 निम्नलिखित प्रश्नों के उत्तर दीजिए — (1½×	2=3)
(क) बड़े भाई साहब की स्वभावगत विशेषताएँ बताते हुए आप अपने किन्हीं पाँच गुणों और अवगुणे विषय में लिखिए।	t ab
(ख) कबीर की साखियों से क्या शिक्षा मिलती है ? तथा उनकी भाषा शैली पर प्रकाश डालिए।	
प्रश्न 8 निम्नलिखित प्रश्नों के उत्तर दीजिए — (1×2	(=2)
(क) हरिहर काका अपने परिवार से क्यों नाराज़ थे ? जब कभी आप अपने परिवार से नाराज़ होत	ते हैं
तो किस प्रकार आपकी नाराज़गी दूर की जाती है ?	
(ख) हरिहर काका के परिवार का स्वरूप कैसा था , आप सयुंक्त परिवार या एकल परिवार किसे	
उचित समझते है और क्यों ? तर्क सहित उत्तर दीजिए।	
प्रश्न 9 ' पर्वतीय स्थल की यात्रा' विषय पर संकेत बिदुओं के आधार पर 100 से 150 शब्दों में अनुच्छेद लिखिए।	5=5)
संकेत बिन्दु • प्राकृतिक सौंदर्य	
• यात्रा वर्णन	
• सांस्कृतिक महत्त्व	

प्रश्न 10 प्रेमचंद जी की किंन्ही चार रचनाओं के नाम लिखते हुए एक सुंदर मैगज़ीन होल्डर बनाइए | (5×1=5)

Subject: Mathematics

No. of questions: 10	M.M. 25
Q-1 If H.C.F(24,x)= 8 and L.C.M.(24,x)=48, Find the value of x.	(2)
Q-2 Explain whether the number $3 \times 5 \times 13 \times 46 + 23$ is a prime number or a composite number.	(2)
Q-3 If HCF of 144 and 180 is expressed in the form $13m - 3$, find the value of m.	(2)
Q-4 Show that 9 ⁿ can not end with digit 0 for any natural number n.	(2)
Q-5 Find the quadratic polynomial if its zeroes are 0, $\sqrt{5}$.	(2)
Q-6 If one zero of the polynomial $5z^2 + 13z - p$ is reciprocal of the other, then find p.	(3)
Q-7 The LCM of two numbers is 14 times their HCF. The sum of LCM and HCF is 600. If one n 280, then find the other number.	umber is (3)
Q-8 Find the zeroes of the polynomial $5\sqrt{5} x^2 + 30x + 8\sqrt{5}$.	(3)
Q-9. Find the value of the polynomial $5x - 4x^2 + 3$ at $x = 2$ and $x = -1$	(3)
Q-10 Prove that $\sqrt{2}$ is irrational.	(3)
Fun Activity:	
Dice Game - Make 100	

Players: 2 or more

Object: To be the first to make 100 or as close to it as possible without going over.

Take turns rolling 2 dice. You may add, subtract, multiply or divide the two numbers. Keep a running total.

Subject: Science

No. of Questions-10

General Instructions:

- * Neatly write the answers in your science notebook.
- * Attempt the questions keeping in mind the weightage of each question.
- Q1. Which of the following graphs shows the correct relation between the power (P) of a converging lens and its focal length (f)? (1)



Q2. To prepare dry hydrogen chloride gas in humid atmosphere the gas produced is passed through a guard tube which contains: (1)

- (a) Calcium chloride
- (c) Calcium hydroxide

- (b) Calcium oxide
- (d) Calcium carbonate

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Q3. Assertion (A): Warm blooded animals have their left and right side of the heart separated for more efficient supply of oxygen to the body.

Reason (**R**): Warm blooded animals need high energy to maintain their body temperature. (1)



Q5. The metal 'X' is commonly used for wrapping food. It reacts with dilute hydrochloric acid to produce a gas 'Y' which burns with a pop sound. Identify 'X' and 'Y'. Write the balanced chemical equation for the reaction. (2)

Q6. In an experiment with a glass slab, a student observed that a ray of light incident at an angle of 60° with the normal on one face of the slab, after refraction, strikes the opposite face of the slab before emerging out in air making an angle of 42° with the normal. (3)

(i) Draw a labelled diagram to show the path of this ray.

(ii) What would be the value of angle of refraction and angle of emergence?

Q7. During a chemical reaction between copper oxide and hydrogen, copper and water are formed.

- (i) Write the balanced chemical equation for this reaction.
- (ii) Identify the oxidised substance and reduced substance in this chemical reaction. (1)
- (iii) Explain the role of hydrogen in this reaction. Why is it considered a reducing agent? (0.5)

(iv) In a practical scenario, why is it important to ensure that the reaction between copper oxide and

hydrogen is carried out in a controlled environment? Discuss the safety and efficiency aspects. (1)

Q8. The image below shows the cross section of a blood vessel of a human arm.



a. What is the type of blood vessel shown in the image?

- b. Which direction will the blood flow in such a blood vessel?
- c. State one structural feature of this blood vessel and explain how it helps in its function. (1)



(2)

(0.5)

(1)

(1)

Q9. Anita conducted an experiment to examine photosynthesis in aquatic plants kept in a tank by measuring dissolved oxygen. She plotted her results in the following graph X:



She repeated the experiment while covering the tank with an opaque black cloth. She plotted the results in the following graph Y:



- a. What could be the aim of her experiment?
- b. Apart from photosynthesis, what other cellular process can be observed by the experiment? (1)
- c. Why does the oxygen level rise in graph X?
- d. Explain the downward slope of graph Y.

Q10. Conduct an activity of cooking instant semolina idlis with the help of baking soda materials needed:

- Semolina (rava) 1 cup,
- Yogurt (curd) 1 cup
- Water as needed
- Baking soda 1/2 teaspoon
- Salt to taste
- Oil for greasing
- Idli steamer or a large pot with a steaming rack

(5)

(1)

(1)

(1)

- Mixing bowl
- Spoon

Instructions/Steps to follow: Conduct this activity in the supervision of parents.

1. Preparing the Batter: Combine 1 cup of semolina with 1 cup of yogurt in a mixing bowl.

- (i) Add a little water to achieve a thick batter consistency.
- (ii) Add salt to taste and mix well.
- (ii) Let the batter rest for 10-15 minutes to allow the semolina to absorb the moisture.

2. Adding the Leavening Agent: Just before steaming, add 1/2 teaspoon of baking soda to the batter and mix gently but thoroughly. The batter will become light and fluffy due to the reaction between baking soda and the acidic yogurt.

3. Steaming the Idlis:

- (i) Grease the idli moulds with a little oil to prevent sticking.
- (ii) Pour the batter into the idli moulds, filling each mould about 3/4 full.
- (iii) Place the moulds in the idli steamer or a large pot with a steaming rack.
- (iv) Steam the idlis for about 10-12 minutes or until a toothpick inserted into the center comes out clean.

4. Serving: Carefully remove the idlis from the molds and serve hot with chutney or sambar.

Answer the following questions

(a) What role does baking soda play in making the idlis fluffy?

(b)How does the chemical reaction between baking soda and yogurt help in leavening the idlis?

(c)What chemical reaction occurs when baking soda is added to the batter?

- (d) Why is it important to steam the idlis immediately after adding the baking soda?
- (e) Write an example of other foods that use baking soda and explain how it works. (1x 5 = 5)

5. Click the photographs while performing the activity and paste in the notebook.

Subject: Social Science

General Instructions:1) The work should be done neatly and systematically.2) The given questions will be in your respective subject notebooks.	
No. of questions: 10	M.M. 25
Q1. "Alluvial soils provide food for more than half of the total population of India". Give reason support this statement.	s for and 1
Q2. What was the main aim of the French revolutionaries?	1
Q3. Name the Treaty of 1832 that recognised Greece as an independent nation.	1
Q4. Define economic development.	1
Q5. Define the term 'Ethnic'. What was the ethnic composition of Belgium and Sri Lanka?	2
Q6. What are the outcomes and the lessons we learnt from the style of governance in Sri Lanka a Belgium?	and 3
Q7. Give some examples where factors other than income are important aspects of our lives.	3
Q8. What is meant by human development? Give your own opinion.	3
Q9. Explain the contribution of Otto von Bismarck to German unification.	5
 Q10. In a political map of India, mark the following features. 1. Salal dam 2. Rana Pratap Sagar Dam 3. Hirakud Dam 4. Region of Laterite Soil 5. Region of Regur Soil 	5

Activity-Geography

SUBJECT	Geography
ASSESSMENT PARAMETER	Multiple Assessment
TOPIC	"My Sustainable Living Journey"
PROJECT/ACTIVITY	Each student will embark on a personal journey towards sustainable lliving, focusing on reducing their carbon footprint, minimizing waste, and promoting environmental conservation within their community . Students will document their journey through a multimedia presentation, showcasing their efforts, challenges faced, and lessons learned.
LEARNING OUTCOME	 Personal Responsibility: Students will develop a sense of personal responsibility towards environmental conservation and sustainable living practices. Research Skills: Through researching sustainable living topics, students will enhance their ability to gather information from various sources and critically evaluate their findings. Self-Motivation: Students will cultivate self-motivation and initiative as they independently undertake their sustainable living journey. Communication Skills: Through the multimedia presentation, students will improve their ability to communicate their experiences, ideas, and reflections effectively.

RESOURCES (LINKS)	 Sustainable Living Tips and Guides: WWF: Tips for Sustainable Living Earth911: Sustainable Living Guide Carbon Footprint Calculators: Carbon Footprint Calculator by WWF EPA's Household Carbon Footprint Ca Waste Reduction Strategies: Zero Waste Home: Tips for reducing w Reduce.org: Waste Reduction Tips Sustainable Transportation Options Ethical Consumption Resources: Ethical Consumer: Guide to Ethical Sh Good On You: Sustainable Fashion Guide 	alculator vaste opping ide
MODE OF SUBMISSION	 Multimedia presentations to be submitted Students will also maintain a digital jour documenting their sustainable living jour with their peers and teachers 1. Commitment to Sustainable Living 2. Research and Planning 3. Reflection and Self-Evaluation 4. Creativity and Innovation 	ed (PPT) urnal or blog ney, which can be shared - 2 mark - 1 mark - 1 mark - 1 mark - 1 mark

Subject: Artificial Intelligence

No. of questions: 10 Q1. Outline the main steps in the AI Project Cycle briefly.	M.M. 25 2
Q2. What roles do computer vision play in agricultural monitoring systems?	2
Q3. Mention the factors which knowingly or unknowingly influence our decision-making.	2
Q4. What is the necessity for Ethical Frameworks in AI development?	2
Q5. Mention the key characteristics of sector-based frameworks.	2
Q6. What do you mean by Bioethics?	2
Q7. How do value-based frameworks contribute to ethical decision-making by emphasizing fundamental principles and values?	2
Q8. What is Natural Language Processing? Explain any two real-life applications of NLP.	3
Case-Based Questions	

1. Case Scenario 1:

In a corporate context, a multinational company is under increasing scrutiny for its environmental practices, especially concerning the disposal of industrial waste. Historically, the company has focused on profit maximization and cost reduction, often at the expense of environmental responsibility. These actions have led to ecological damage and adverse effects on surrounding communities. With rising public concern about environmental sustainability, stakeholders—including investors, consumers, and environmental advocacy groups—are demanding that the company shift toward more ethical and sustainable business practices.

Question:

Drawing from the case presented, analyze the ethical considerations surrounding the company's environmental practices through the lens of value-based frameworks in ethics.

2. Case Scenario 2:

4

4

In a rural farming community, small-scale farmers are grappling with a growing dilemma over the continued use of chemical pesticides. While these substances have traditionally helped them control pests and boost crop yields, increasing concerns are being raised about their environmental and health consequences. Issues such as soil degradation, water pollution, and potential harm to human health have come to light. Moreover, neighbouring communities and environmental groups are voicing strong opposition, highlighting the ecological damage and threats to biodiversity associated with excessive pesticide use.

Question:

Using the case provided, examine the ethical considerations surrounding pesticide use in the agricultural sector, applying ethical frameworks to analyse the competing interests and values at stake.

Subject: Hindustani Music Vocal

Q.1 Write the definition of Sangeet with Diagram	2.5
Q.2 Write the notation of Teentaal	2.5
Q.3 Define Saptak in details	2.5
 Q.4 Define the following. a) Sam b) Taali c) Khaali d) Matras/Beats 	2.5
Q.5 Write the difference between Swar and Shruti	2.5
Q.6 Write the original names of the following Swaras a) Sa b) Re c) Dha	2.5

- d) Pa
- e) Ga

Subject: Home Science

No. of questions: 10	M.M. 25
 Q1. According to Jean Piaget, late childhood is a period of a) Pre-operational stage b) Concrete operational stage c) Sensory-motor stage d) None of the above 	1
 Q2. Which of the following is a recommended practice for maintaining good hygiene during adolescence? a) Bathing once a week b) Avoiding deodorant use c) Daily bathing and use of deodorant d) Using only water for oral hygiene 	1
 Q3. Which of the following is a common physical change in boys during adolescence? a) Menstruation b) Development of breasts c) Deepening of the voice d) Onset of menopause 	1
 Q4. Which type of peer pressure is most likely to negatively influence an adolescent's behavior a) Positive peer pressure b) Negative peer pressure c) Neutral peer pressure d) Indirect peer pressure 	our? 1
Q5. What role do parents play in an adolescent's emotional development?a) They have little to no impact.b) They are the sole influencers.c) They provide guidance and support.d) They are a source of conflict only.	1
 Q6. How can schools contribute to the physical well-being of adolescents? a) Reducing physical education classes b) Offering nutritious meal options c) Increasing academic workload d) Encouraging sedentary activities 	1
Q7. Very short answer type questions- I. Which hormone significantly increases during puberty in females? II. Which type of development involves forming peer relationships?	(5x1=5)

III. Name the psychologist who identified the formal operational stage in adolescents.

- IV. What is the main hormone responsible for physical changes in adolescent boys?
- V. Which disorder involves disordered eating habits and body image concerns?

Q8. Short answer type questions-

- I. What are some effective strategies for promoting healthy habits in adolescents?
- II. List three major physical changes that occur during adolescence.

Activity:

Q9. Make a poster to create awareness on Consumer Rights and Responsibilities.

5

(2x2=4)

Q10. List three areas of agreement and disagreement with parents and give your suggestions on how to improve relationships with them. 5

Areas of agreement	Areas of disagreement