My Revision Deck

Endocrine Systems Worksheet — Answer Key

2026 – 2027

Grade: 8 **Subject:** Biology

Time: 15 minutes **Maximum Marks:** 15

Section A

1. **Fill in the blank**

The pituitary hormone that stimulates the breasts to produce milk after child birth is _____. [1]

prolactin

Explanation: *Prolactin is the pituitary hormone that stimulates the breasts to produce milk after child birth.*

2. **Write whether the statement is true or false; if false, rewrite it correctly by changing the underlined word**

The adrenal glands are like caps placed over the kidneys. [1]

True

Explanation: *The adrenal glands are like caps over the kidneys. There is one adrenal gland on top of each kidney.*

3. **Name the following**

The collective name for the male sex hormones produced by the testes. [1]

Androgens

4. (i) Define the term 'Stress'. [1]

Model answer: Stress is a state of mental or emotional strain — in very simple terms, it can be called tension; it is the body's way of responding to any kind of demand.

(ii) Define the term 'Islets of Langerhans'. [1]

Model answer: Islets of Langerhans are the clusters of hormone-secreting cells in the pancreas that secrete the two principal hormones insulin and glucagon.

5. Mention any two lifestyle practices necessary for maintaining good health during adolescence. [1]

Model answer: Adequate sleep is necessary for maintaining good health. Regular physical exercise is also necessary for good health.

Additional points a student may include: Smoking should be avoided. Consumption of alcohol should be avoided. Use of drugs should be avoided. Long hours of continuous table work should be avoided. Watching television or playing games on computer for long hours should be avoided.

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6. (i) State any four cleanliness practices recommended for personal hygiene during adolescence. [2]

Model answer: Always wash hands with soap before and after taking meals. Clean teeth after each meal and before going to bed. Take bath regularly with clean water and good soap. Clothes, especially undergarments, should be changed daily.

Additional points a student may include: Hair should be washed regularly. Always use a clean comb. Eyes should be washed daily with clean and cold water. The feet should be cleaned every day and kept well protected. Regular toilet habits must be adopted. After defecation, hands should be cleaned with water and soap. Wearing very tight clothes must be avoided. Rubbing of eyes with hands should be avoided to prevent the entry of germs into the eyes.

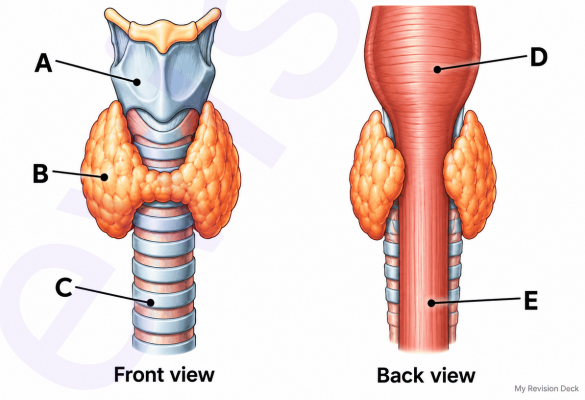
(ii) Mention any four psychological changes that adolescents go through during this period. [2]

Model answer: Adolescents become too conscious about themselves. They start worrying about the growth in various parts of their body. They feel shy and hesitant in sharing their problems with others. They sometimes develop depression because of the dramatic increase in hormone levels.

Additional points a student may include: Adolescents like to remain with their group of friends or peers most of the time. They try to imitate what others in their peer group do. They may get into wrong company and develop habits like smoking, drinking or drug use.

Section B

7. Label the structures shown in the front and back views in the diagram.



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(i) Label A [1]
Larynx

(ii) Label B [1]
Thyroid gland

(iii) Label C [1]
Trachea

(iv) Label D [1]
Pharynx

(v) Label E [1]
Oesophagus

********** End of worksheet **********

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