

CHAPTER 10

Reaching The Age of Adolescence

Role of hormones in completing the life history of insects and frogs:

- Young ones of human and most animals grow into adults directly. However, in certain animals they undergoes a series of change before they become adults.
- This set of changes is called as metamorphosis.

E.g. Butterfly moth, Frog etc.

- Metamorphosis in insects is controlled by insect hormones.
- In frogs, metamorphosis is controlled by a hormone thyroxine secreted by thyroid. Production of thyroxine requires the presence of iodine.
- If the water in which tadpoles are growing is deficient of iodine, they cannot become adults.

Reproductive health:

To keep the body healthy, every human being at any age, needs to have a balanced diet. The person must also observe personal hygiene and undertake adequate physical exercise. During adolescence, however these become even more essential as the body is growing.

Nutritional needs of the adolescents:

- Adolescence is stage of rapid growth and development. Hence, the daily balanced diet has to be carefully planned.
- The food rich in proteins are most essential along with the carbohydrates and fats.
- The regular usage of fresh vegetables and fruits gives the sufficient minerals and vitamins.
- Iron makes blood rich in hemoglobin.
- Hence, iron rich food such as jiggery, meat, leafy vegetable, citrus fruits are good for adolescence.
- Avoid eating tinned and preserved food.

Personal Hygiene:

- Everyone should have both at least once every day.
- It is more necessary for teenagers because the increased activity of sweat glands sometimes makes the body smelly.
- Cleanliness is not maintained there are chances of catching bacterial infection.
- Girls should take special care of cleanliness during the time of menstrual flow.
- Use sanitary napkin or clean homemade pads.
- Using contaminated razors for shaving should be avoided.
- Adequate sleep and rest is advised.
- Taking less workload.

Physical exercise:

All young boys and girls should like cycling, walks, swimming, running, exercise and play outdoor games. They are important for adolescents to make them stay fit and healthy.

Say 'NO' to drugs

- Adolescence is a period of much activity in the body and mind, which is a normal part of growing up.
- Do not feel confused or insecure.
- If anybody suggests that you will get relief if you take some drugs, just say 'NO' unless prescribed by the doctor. Drugs are addictive.
- They harm the body in the long run.
- You must have heard about AIDS, which is caused by dangerous virus, HIV.
- It can be also be transmitted to an infant from the infected mother through her milk.
- The virus can also be transmitted through sexual contact with a person infected with HIV.