

Human Growth and Development

5th Grade Boys



Please answer the following questions with the information you learned in the Human Growth and Development video:

1. A period of several years during which a person changes from a child into an adult; usually occurring in the teen years is known as **puberty**. **TRUE** **FALSE**
2. Who typically begins growth spurt first? Circle one. **BOYS** **GIRLS**

Physical Changes

3. Circle all of the physical changes that occur during puberty:

Acne/Pimples **Hair turns grey** **Body odor** **Grow taller**
Shoulders widen **Skin wrinkles** **Emotional changes**
Hair grows on legs, under arms, and in pubic area **Wet dreams**
Weight decreases **Voice becomes lower pitched**

4. Can I smell my own body odor? **YES** **NO**
5. List 2 things we can do to prevent body odor. _____ and _____
6. There are 15,000-20,000 oil glands on the face that can cause pimples. **TRUE** **FALSE**

Reproductive organs

7. Sperm and urine are released from the body at the same time. **TRUE** **FALSE**
8. An erection happens when the tiny blood chambers fill with blood, causing the penis to enlarge and become firm. **TRUE** **FALSE**
9. Circle the all the correct answers: An ejaculation is _____.
Seminal fluid leaving an erect penis
A nocturnal emission (wet dream)
20,000,000 to 50,000,000 sperm are released each time this happens

10. Circle the correct answer(s) about the testicles:

- Normally are the size of an olive or small plum** **Produce 200,000,000 sperm per day**
Two organs that hang outside the body **Produce the hormone estrogen**
Can be injured when struck, possibly leading to the inability to produce sperm

11. Sperm are sensitive to temperature. **TRUE** **FALSE**
12. Testosterone is produced by the Testicles. **TRUE** **FALSE**
13. Write the name of the male sex cell. _____
14. It takes only one sperm to fertilize an egg. **TRUE** **FALSE**

Factors to Improve Health

15. List 2 things we can do to keep our bodies healthy during this time of major growth and change. _____ and _____
16. **List 2 people you feel like you can talk to and ask questions that you may have about puberty.** _____ and _____.

Please write down 2 questions you have about puberty.

1. _____

2. _____

