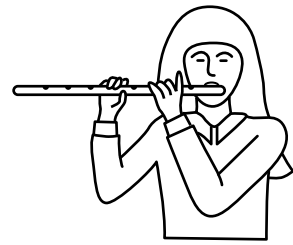
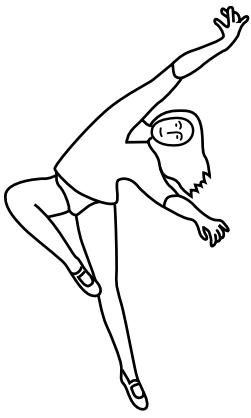
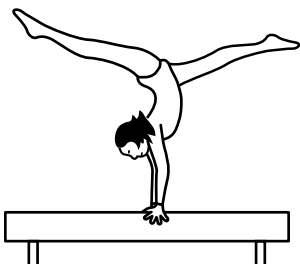
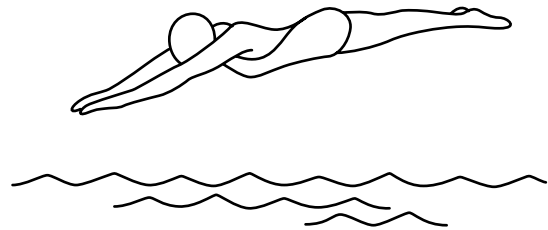
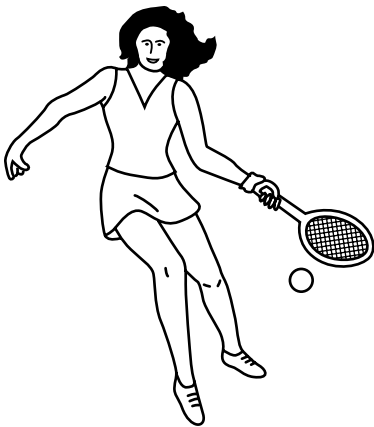
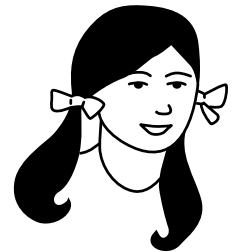


Name \_\_\_\_\_

Teacher \_\_\_\_\_



# Adolescence and Puberty Workbook



5th Grade Girls: R.N.

## Endocrine System Vocabulary

**adrenal glands** – located on the top of each kidney. They produce the hormone adrenaline which prepares the body for emergency action. It is produced in times of fear, stress, anger, or excitement.

**endocrine system** – the system that has chemical control of the body through the action of glands which produce hormones.

**hormones** – chemical messengers produced by special organs called glands that bring about physical changes in the body.

**immunity** – protection from getting certain diseases.

**metabolism** – the processing of food into energy in cells.

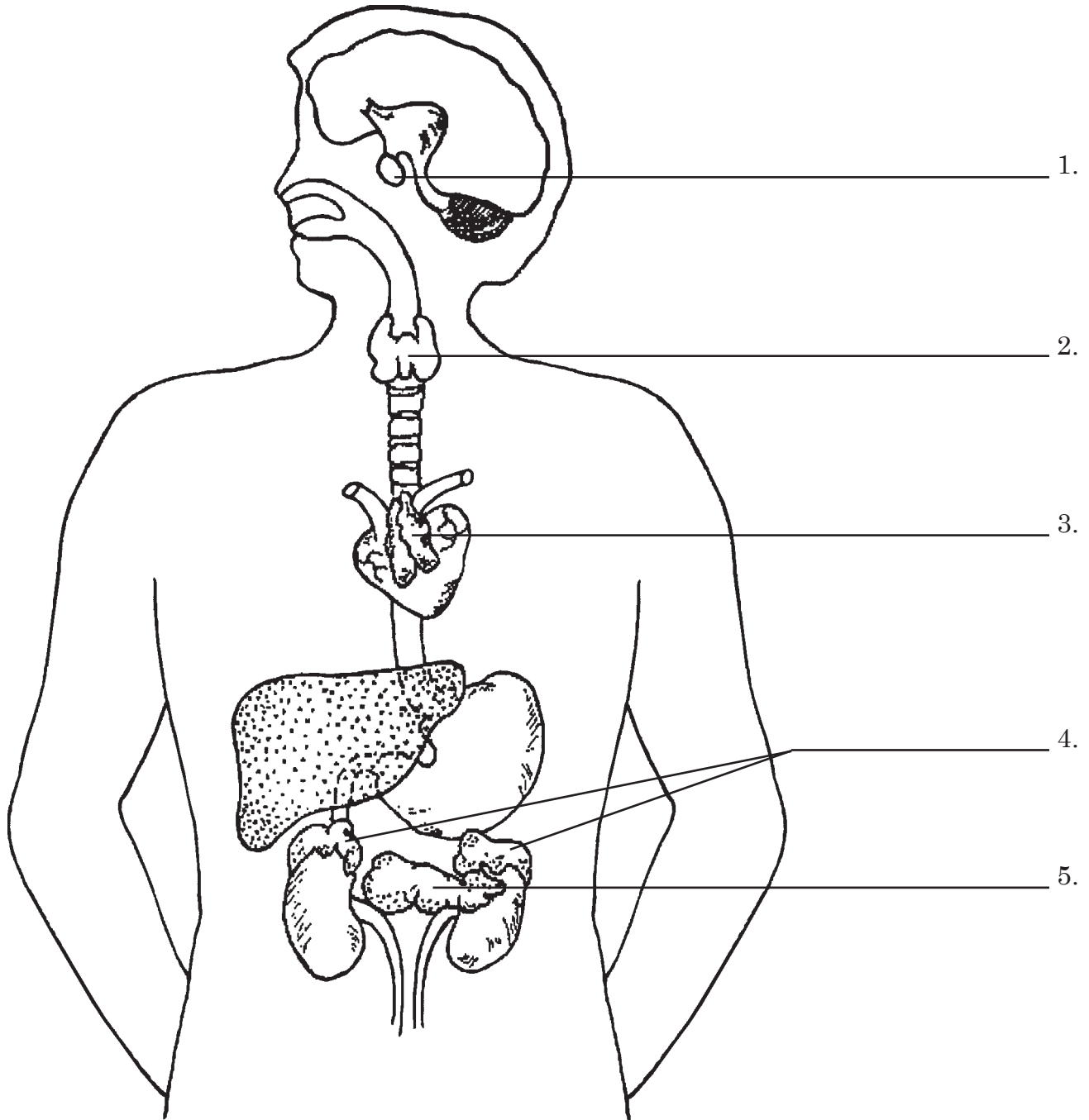
**pancreas** – located in the abdomen. It produces the hormone insulin which controls the rate at which the body uses sugar.

**pituitary gland** – located in the brain, it produces growth hormone and hormones to control all of the other glands.

**thyroid gland** – the butterfly-shaped gland located in the neck. It produces the hormone thyroxin which controls the speed at which the food eaten is turned into energy and affects the body weight.

**thymus gland** – located in the chest. It helps to build immunity during childhood.

# The Endocrine System



adrenal glands  
pancreas  
pituitary gland

thymus gland  
thyroid gland

# Female Reproductive System Vocabulary

**adolescence** – time of life between childhood and adulthood.

**egg cell** – the female reproductive cell.

**estrogen** – a hormone produced by the ovaries that controls female development.

**fallopian tubes** – the tubes through which the egg cell travels on the way to the uterus.

**lining of the uterus** – the inner wall of the uterus.

**menstruation** – the normal monthly shedding of the lining of the uterus.

**ovaries** – the female reproductive glands which release egg cells and produce estrogen.

**puberty** – the time during adolescence when boys and girls become sexually mature and capable of producing offspring.

**uterus** – the hollow muscular pear-shaped organ in which a baby grows and develops.

**vagina** – the passageway leading from the uterus to the outside of the body.

## MENSTRUAL CALENDAR

This is a calendar you can use to practice keeping track of your menstrual periods, when they start. Circle the day of the month that you start to menstruate. Then draw a line through the days that you menstruate. If you keep track of your menstrual periods in this way, you will begin to see a pattern as to how long you menstruate and how many days there are between each period. This can help you predict when your next period might begin so you can be prepared.

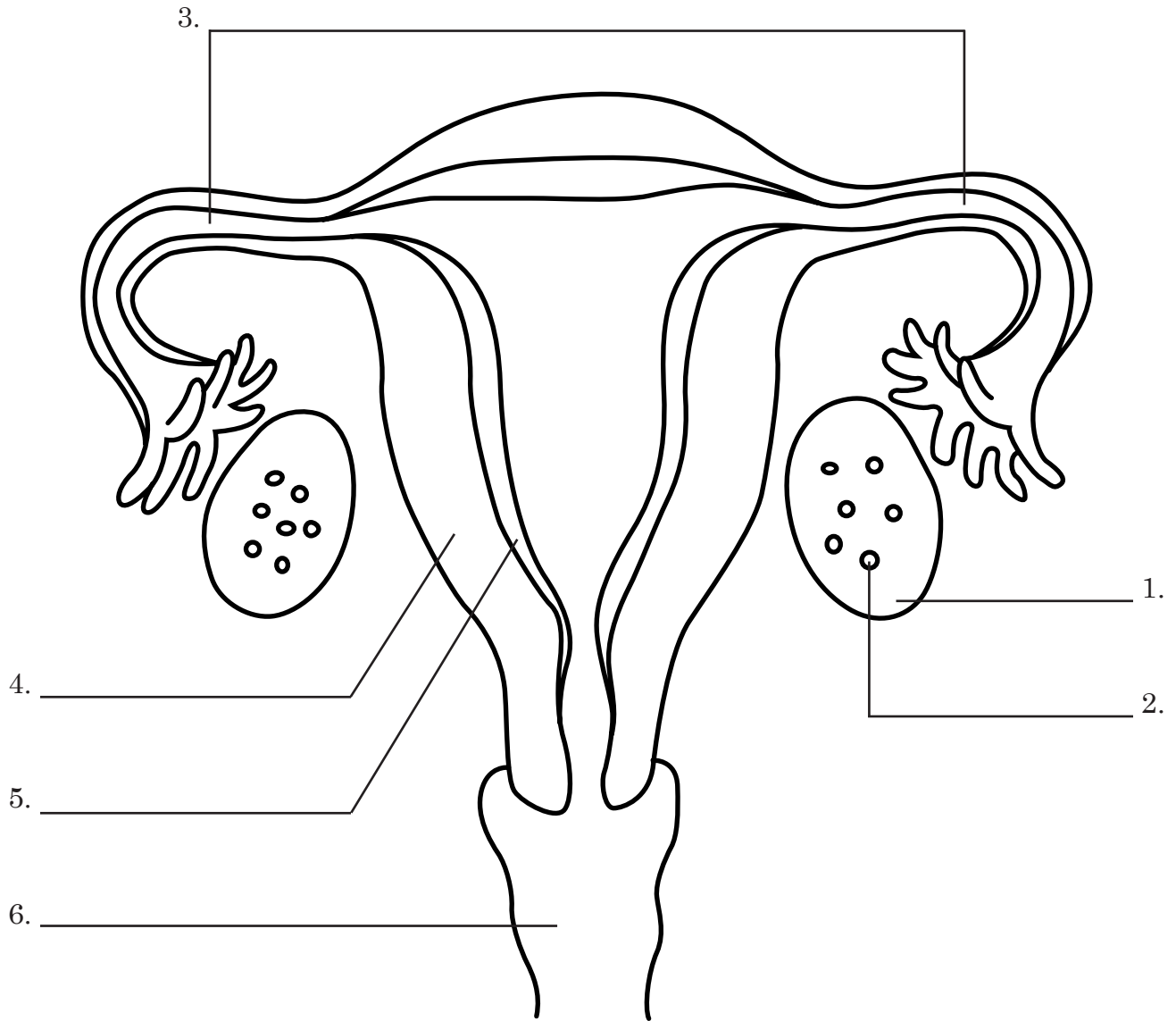
<b>April</b>						1	2	3
4	5	6	<del>7</del>	<del>8</del>	<del>9</del>	<del>10</del>		

<b>APRIL</b>						
SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

<b>MAY</b>						
SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

<b>JUNE</b>						
SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

# Female Reproductive System



egg cells  
fallopian tubes  
lining of the uterus

ovary  
uterus  
vagina

# Immune System Vocabulary

## FIRST LINE OF DEFENSE

**cilia** – tiny hairs that line the nose, ears, and lungs and filter out dust and germs.

**cough/sneeze** – helps the body get rid of germs.

**mucus** – sticky substance that traps germs.

**mucous membrane** – lining of the body openings.

**skin** – when unbroken, it acts as a barrier.

**stomach acids** – liquids found in the stomach which help digest food and kill germs.

**tears** – liquid made by the eyes which washes them and protects them from germs.

**wax in ears** – helps trap germs.

## SECOND LINE OF DEFENSE

**antibodies** – substances that attach themselves to germs and kill them—there are different antibodies for each germ that enters the body.

**B-Cells** – white blood cells that team up with T-Cells to make antibodies.

**helper T cells** – white blood cells that team up with B-Cells to make antibodies.

**killer T cells** – white blood cells that help destroy viruses.

**macrophages** – white blood cells that eat germs and dead matter.

**white blood cells** – cells that surround and destroy germs.

## TYPES OF GERMS

**germs** – microscopic organisms which can enter the body and cause illness.

**bacteria** – one-celled living things that are the most common form of life on earth.

**virus** – life-like matter that is smaller than bacteria and can only live within other living cells.

## OTHER IMMUNE SYSTEM VOCABULARY

**antibiotics** – medicine that will kill infections caused by bacteria.

**communicable** – capable of being spread from one person to another.

**immune system** – fights germs inside the body.

**immunity** – protection from getting certain diseases.

**infection** – invasion of the body by pathogens.

**infectious disease** – a disease caused by pathogens.

**noncommunicable** – not capable of being spread from one person to another.

**vaccination/immunization** – medicine which activates the immune system to produce antibodies to fight viruses inside the body.

# Disease: Prevention and Control

On the line to the left, write the letter of the best choice to complete the statement.

- \_\_\_ 1. The most common forms of life on earth are \_\_\_\_\_.  
(a) bacteria      (b) viruses      (c) antibodies      (d) people
- \_\_\_ 2. \_\_\_\_\_ can only grow within other living cells.  
(a) bacteria      (b) germs      (c) viruses      (d) antibodies
- \_\_\_ 3. Substances in the blood that fight germs are \_\_\_\_\_.  
(a) bacteria      (b) viruses      (c) antibodies      (d) germs
- \_\_\_ 4. Antibodies are produced in the \_\_\_\_\_.  
(a) brain      (b) stomach      (c) blood      (d) pituitary gland
- \_\_\_ 5. A vaccine causes your body to make \_\_\_\_\_.  
(a) antibodies      (b) bacteria      (c) viruses      (d) germs
- \_\_\_ 6. Being immune to something means to be \_\_\_\_\_.  
(a) sick      (b) injured      (c) protected      (d) healthy
- \_\_\_ 7. Diseases that are passed from one person to another are called \_\_\_\_\_.  
(a) communicable      (b) antibodies      (c) noncommunicable      (d) public
- \_\_\_ 8. When germs make you sick, you are said to have \_\_\_\_\_.  
(a) a disease      (b) a bacteria      (c) viruses      (d) immunity
- \_\_\_ 9. A sticky liquid that lines the nose and throat is \_\_\_\_\_.  
(a) villi      (b) skin      (c) hair      (d) mucus
- \_\_\_ 10. A healthy body can \_\_\_\_\_ germs better than an unhealthy body.  
(a) catch      (b) fight      (c) attract      (d) spread

## AIDS Vocabulary

**Abstinence** – not doing risky behaviors, such as using tobacco, alcohol, or drugs.

### AIDS:

Acquired – to get

Immune – protected from disease

Deficiency – a lack of

Syndrome – a group of signs or symptoms

**HIV** – (**H**uman **I**mmunodeficiency **V**irus) the virus that causes AIDS.

**Prevention** – to keep from happening.

**Risk behaviors** – certain actions which may lead to infection with HIV.

**Transfusion** – removing blood from one person and giving it to another.





**POLK COUNTY**  
**PUBLIC SCHOOLS**

STUDENTS FIRST