

Reproductive Health

A. Choose the Correct Answer:

1. What does reproductive health mainly focus on?
 - a) Physical strength
 - b) Nutrition only
 - c) Safe and healthy functioning of the reproductive system
 - d) Sports and fitness
2. Which of the following is important for maintaining reproductive health?
 - a) Avoiding exercise
 - b) Eating only fast food
 - c) Maintaining hygiene
 - d) Skipping sleep
3. Which is a common problem due to poor reproductive hygiene?
 - a) Headache
 - b) Infection
 - c) Fever
 - d) Cold

B. Fill in the Blanks:

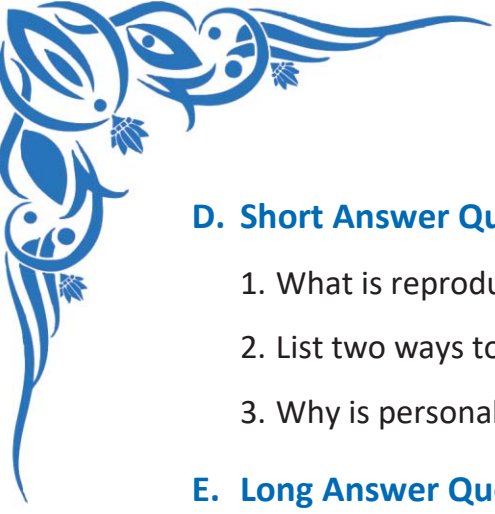
1. Good _____ habits help in maintaining reproductive health.
2. Reproductive health includes both physical and _____ well-being.
3. _____ vaccination is important for protecting girls from certain reproductive infections.

C. Case Study:

Ria attended a health awareness seminar at school where doctors talked about the importance of hygiene, balanced diet, and regular medical check-ups, especially during adolescence. They also discussed menstrual hygiene and vaccination for girls to prevent infections.

Case Study Questions:

1. What was the main topic of the seminar Ria attended?
2. Why is menstrual hygiene important for girls?
3. What are two key things that support good reproductive health?
4. Why should adolescents receive proper reproductive health education?



D. Short Answer Questions:

1. What is reproductive health?
2. List two ways to maintain reproductive health.
3. Why is personal hygiene important during adolescence?

E. Long Answer Questions:

1. Explain how adolescents can maintain good reproductive health through hygiene and diet.
2. Discuss the importance of reproductive health education in schools.
3. What are the consequences of neglecting reproductive health, and how can they be prevented?