

normal growth of bones, muscles and other organs before and after taking meals can prevent diseases.

(b) Thyroid gland : Thyroxine is secreted by pituitary gland. It controls the rate of metabolism. Iodine is necessary for the synthesis of thyroxine.

4. Measures to reproductive health :

Remaining of chapter - 10

(a) Personal Hygiene : It is needed to prevent the occurrence of diseases.

(b) It requires a balanced diet for that age group.

(c) Physical exercise keeps the body and mind fit. It gives relief from stress and keeps good mental health.

G. 1. The first reason is of genes that inherited from parents. Second is improper kind of diet and exercise.

2. 150 cm

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