Worksheet

Pertumbuhan dan Perkembangan

NAMA/NAME : _____

KELAS/CLASS : _____

A. Amatilah gambar gambar berikut.

Berdasarkan gambar tersebut, bagaimana perumbuhan dan perkembangan pada masa remaja ? Jawablah pertanyaan dibawah ini berdasarkan pengetahuan kamu.

1. Apa yang dimaksud dengan pertumbuhan remaja?

2. Apa yang dimaksud denhan perkembangan remaja?

3. Apa faktor- faktor yang mempengaruhi perubahan fisik sekunder pada remaja?

4. Apa faktor- faktor yang mempengaruhi perubahan mental pada remaja?

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B. Pilihlah salah satu jawaban yang benar.

1. Berikut ini yang bukan ciri- ciri pertumbuhan remaja adalah .....

- Bertambah tinggi
- Mulai suka berdandan
- Bertambah berat badan
- Lingkar kepala bertambah besar

2. Manusia mengalami pertumbuhan sejak .....

- Masih di dalam kandungan
- Kanak kanak
- Lahir
- Masa remaja

3. Masa pubertas pada remaja pada umumnya terjadi pada usia .....

- 11 sampai 12 tahun
- 14 sampai 16 tahun
- 12 sampai 14 tahun
- 14 sampai 17 tahun

4. Mulai tumbuh rambut di bagian tertentu, jakun dileher, dan dada membentuk bidang adalah ciri ciri .....

- Perubahan fisik primer
- Perkembangan
- Remaja yang sehat
- Perubahan fisik sekunder

5. Faktor yang tidak mempengaruhi perkembangan mental remaja adalah .....

- Sifat, bakat dan keturunan
- Lingkungan keluarga
- Masyarakat
- Berat badan

6. Ciri perubahan fisik sekunder pada remaja perempuan adalah .....

- Mulai tumbuh jakun
- Mengalami menstuasi
- Pinggul mulai membesar
- Sudah menghasilkan sel telur

7. Faktor- faktor yang tidak mempengaruhi pertumbuhan fisik remaja adalah .....

- Pengaruh keluarga
- Usia
- Pengaruh gizi
- Gangguan emosional

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8. Sifat jahat, baik, pemarah, dengki, iri pemalu, dan pemberani termasuk faktor yang mempengaruhi mental remaja. Faktor faktor tersebut termasuk jenis faktor .....

Internal	Kebiasaan
Eksternal	Kebetulan

9. lingkungan tempat tinggal, bermain, sekolah, sosial budaya dan masyarakat termasuk faktor yang mempengaruhi mental remaja. Faktor faktor tersebut termasuk jenis faktor .....

Internal	Kebiasaan
Eksternal	Kebetulan

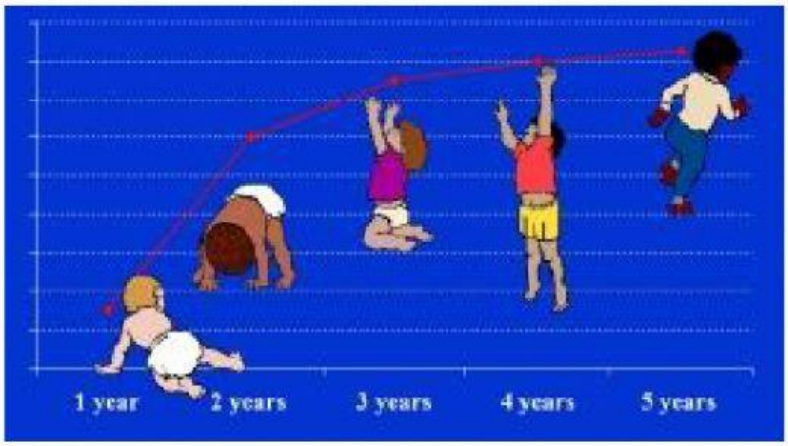
10. dampak bagi remaja yang memiliki perkembangan mental yang baik adalah adalah .....

Mudah marah	Kurangnya percaya diri
Gemar membaca buku	Hilangnya nafsu makan

C. Read and summarize the article above !

Child growth and development

WHO is coordinating an international effort to develop child growth standards that will replace the National Center for Health Statistics (NCHS)/WHO reference for infants and young children (age 0-5 years).



Phase 1 of the project consisted in the evaluation of current anthropometric references that brought to light important biological and technical deficiencies in the NCHS/WHO reference. This led to the development of a plan for new standards that would

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document how children should grow in all countries rather than merely describing how they grew at a particular time and place.

Phase 2, the WHO Multicentre Growth Reference Study, focused on the collection of growth and related data from approximately 8 500 children in six countries (Brazil, Ghana, India, Norway, Oman and the United States of America). This phase ended in October 2003.

Phase 3 (data analysis and production of the proposed standards) began in 2002. At the end of Phase 3 the number of growth standards will have expanded to 12 (from the present set of three), and these will be linked to references for attained motor development milestones. Plans have been initiated for Phase 4 (development of training materials, implementation of training programmes, and worldwide dissemination of the new standards).

These standards will establish the breastfed infant as the biological norm for growth. The new anthropometric tools will provide more accurate estimates of malnutrition and permit identification of children at risk, rather than waiting to diagnose malnutrition after a static point is attained. Linking motor development to anthropometric standards will underscore the important message that normal physical growth is an essential but, by itself, insufficient element of normal development.

At present, 99 countries are using the NCHS/WHO growth reference. The goal is for the majority of these countries to have adopted the new standards by 2010. The shift will be fully exploited to reinforce the linking of growth assessment and growth promotion activities in support of the Millennium Development Goals.

Moreover, a growth standard based on a worldwide sample and recognition that environmental differences – not genetic endowment – are the principal determinants of disparities in child growth should contribute to fulfilment of accepted human rights principles, notably those stipulated in the Convention on the Rights of the Child.

The work accomplished since 1990 when the project began is the product of close collaboration between WHO and the United Nations University, UNICEF, governments and other partners (e.g., the Centers for Disease Control and Prevention). Hundreds of scientists have contributed generously to all aspects of the project to date, and the partnership base will continue to expand in the challenging phases ahead.
https://www.who.int/nutrition/topics/childgrowth/en/

Write 5 important sentences in the article above!

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