

Menstruation

Name: _____

Date: _____

Q.1 What is the shedding of the lining of the uterus called?

- a. Ovulation
- b. Menstruation
- c. Fertilization
- d. Embryo

Q.3 What causes the shedding of the uterus lining during menstruation?

- a. An increase in hormone levels
- b. A drop in hormone levels
- c. The presence of sperm
- d. The absence of egg

Q.5 What is ovulation?

- a. The shedding of the uterus lining
- b. The release of an egg from the ovaries
- c. The fertilization of an egg by sperm
- d. The thickening of the uterus lining

Q.7 Menstruation is a normal and natural process for women of reproductive age?

- a. True
- b. False

Q.9 Can Menstrual pads be used instead of tampons during menstruation?

- a. No
- b. Yes

Q.2 How often does menstruation typically occur?

- a. Once a year
- b. Once a week
- c. Roughly once a month
- d. Every other month

Q.4 How long does the average menstrual cycle last?

- a. 14 days
- b. 21 to 35 days
- c. 60 to 80 days
- d. 3 to 7 days

Q.6 Not all women have the same experience during menstruation?

- a. True
- b. False

Q.8 What is the best way to maintain hygiene during menstruation?

- a. Using scented products
- b. Ignoring it
- c. Changing menstrual products regularly and washing the vulva and surrounding area with mild soap and water
- d. Drinking more water

Q.10 Which of the following organs is associated with menstruation?

- a. Eyes
- b. Uterus
- c. Fingers
- d. Lungs

Common Questions Answers About Menstruation

Margaret Bell



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