

Female reproductive system - quiz

Find out about the female reproductive system and fertility with our quick health quiz. Test your knowledge about menstruation, ovulation and menopause.

1. What is menstruation?

- A. The shedding of the thickened womb lining.
- B. A means of ridding the body of damaged blood cells and other wastes.
- C. A monthly flushing of the womb to keep it free of disease.

2. What's the average length of the menstrual cycle?

- A. 21 days.
- B. 28 days.
- C. 40 days.

3. What is the cervix?

- A. A small gland that helps to lubricate the vagina during sexual arousal.
- B. The point where the fallopian tube attaches to the womb.
- C. The neck, or entrance, to the womb.

4. At what stage in her menstrual cycle is a woman most likely to fall pregnant?

- A. In the day or two just before her period.
- B. During mid-cycle, about two weeks before her period.
- C. During her period.

5. Which structures control the menstrual cycle?

- A. The womb, spinal cord and the cerebral cortex.
- B. The ovaries, adrenal glands and the brain stem.
- C. The ovaries, the pituitary gland and the hypothalamus.

6. What is the vulva?

- A. The womb lining.
- B. A slang term for a type of sexually transmitted disease.
- C. The external female genitals.

7. Ovaries contain a woman's lifetime supply of eggs. When is this supply first formed?

- A. A woman's egg supply is developed when she is still an unborn baby.
- B. The egg supply develops when the female is seven or eight years of age, about the same time as her adult teeth are starting to erupt.
- C. At puberty, the same hormones that trigger sexual maturity also create the woman's egg supply.

See over...



8. What is menopause?

- A. The absence of menstrual periods during pregnancy.
- B. When a woman has stopped having periods.
- C. Cessation of menstrual periods caused by low body weight and too much exercise.

See over...

Female reproductive system – quiz answers

Correct answers

1. The correct answer is A.

The womb lining thickens in preparation for a fertilised egg. If fertilisation doesn't happen, the womb lining comes away. This is menstruation. Menstrual fluid contains blood, cells from the womb lining and mucus.

2. The correct answer is B.

The average length of the menstrual cycle is 28 days, although this can vary between women, and from one cycle to the next in individuals. The length of the menstrual cycle is calculated from the first day of the period to the day before the next period.

3. The correct answer is C.

The womb is shaped like an upside-down pear. The cervix is the neck of the womb, and has a small hole in its centre (called the os) to allow the passage of menstrual fluids, mucus and sperm.

4. The correct answer is B.

After a period, rising oestrogen levels thicken the womb lining and ripen an egg. At mid-cycle, the egg is released from the ovary (ovulation). Fertilisation occurs if the egg is met by a sperm during its journey along the fallopian tube.

5. The correct answer is C.

The ovaries are two small, almond-shaped glands that contain eggs and produce sex hormones. The production of these hormones is overseen by the pituitary gland, which is considered the 'master gland' of the human body. The hypothalamus is a brain structure that prompts the pituitary gland to send its chemical messages to the ovaries.

6. The correct answer is C.

The vulva is a term for the external female genitals, which include the outer lips (labia majora), inner lips (labia minora) and clitoris.

7. The correct answer is A.

A woman's egg supply is formed when she is still an unborn baby in the womb. At the start of puberty, the eggs are ripened inside each ovary and released every month (ovulation).

See over...

8. The correct answer is B.

A woman is said to have reached menopause when she is towards the end of her reproductive life and has not had a period for a year. Before this time, periods may occur between two to 11 months apart. This time, when periods are tapering off, is usually called the perimenopause. Most women reach menopause between the ages of 45 and 55 years.

This page has been produced in consultation with, and approved by, The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. The Better Health Channel is part of the Department of Human Services, Victoria.

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