



## Quiz Answer Key

- List five functions of the endocrine system:  
*Any five of the following: regulating mood, growth and development; tissue function; the fight or flight response; metabolism; blood glucose levels; sexual function and reproductive processes.*  
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- In general, the endocrine system is in charge of body processes that happen slowly, such as cell growth. Faster processes like breathing and body movement are controlled by the nervous system.
- The brain contains these three glands: pituitary gland, hypothalamus, pineal gland (or pineal body).
- Hormones are chemical messengers that transfer information and instructions from one set of cells to another.
- Once a hormone is secreted, it travels from the endocrine gland that produced it through the bloodstream to the cells designed to receive its message. These cells are called target cells.
- The pancreas produces two important hormones, insulin and glucagon.
- If the pancreas doesn't produce enough insulin, the result is diabetes.
- Parathyroid hormone controls the level of calcium in the blood.
- The thyroid gland is involved in metabolism, the process by which the fuel in the food we eat is converted into cellular energy.
- When hormone levels reach a certain normal amount in the blood, the endocrine system has a built-in turnoff process. It is called negative feedback system.
- Endocrine glands release more than 20 major hormones directly into the bloodstream.
- The pineal gland secretes melatonin.
- If the pituitary glands release hormones that stimulate the gonads to produce sex hormones too early, some kids may experience precocious puberty and begin to go through puberty at a very young age.