Human Body Series
Endocrine System

Quiz Answer Key

1. 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.

2. 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**.

3. The brain contains these three glands: pituitary gland, **hypothalamus**, **pineal gland (or pineal body)**.

4. **Hormones** are chemical messengers that transfer information and instructions from one set of cells to another.

5. 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**.

6. The pancreas produces two important hormones, **insulin** and **glucagon**.

7. If the pancreas doesn’t produce enough insulin, the result is **diabetes**.

8. **Parathyroid** hormone controls the level of calcium in the blood.

9. The thyroid gland is involved in **metabolism**, the process by which the fuel in the food we eat is converted into cellular energy.

10. 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**.

11. Endocrine glands release more than **20** major hormones directly into the bloodstream.

12. The pineal gland secretes **melatonin**.

13. 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.