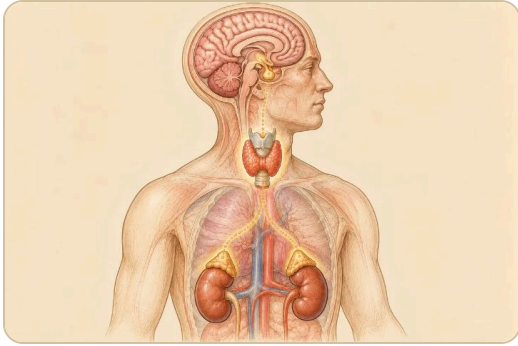


Name: _____

Date: _____

What are hormones?

**READ**

Hormones are chemical messengers. Glands release them into the blood, and they travel to other parts of the body carrying orders like "grow", "sleep", "stay alert" or "store energy".

1 Which part is it? Use the words in the box.

Pineal gland

Pituitary gland

Hypothalamus

1. A small part of the brain that controls hunger, thirst and temperature and gives orders to the pituitary.
2. A gland the size of a pea (just a size comparison) under the brain. It sends messages to other glands and makes growth hormone.
3. It sits in the middle of the brain and makes melatonin, which makes you sleepy when it gets dark.

2 Match each part to what it does. Write the letter.

- ☐ 1. Thymus
- ☐ 2. Adrenal glands
- ☐ 3. Pancreas
- ☐ 4. Gonads (testes or ovaries)

- A.** Making adrenaline and cortisol
- B.** Making insulin
- C.** Making the puberty hormones
- D.** Training defense cells

3 True or false? Write T or F.

- ☐ 1. **Hypothalamus:** linking the brain to the hormones
- ☐ 2. **Pituitary gland:** making the sleep hormone
- ☐ 3. **Pineal gland:** directing other glands
- ☐ 4. **Kidneys:** showing where the adrenals sit

4 Think and answer

What does the thyroid do?

**Spin it in 3D and read more**anatomytour.com/en/glands-and-hormones

Free for classroom and home use

© Anatomy Tour

Answer key: What are hormones?

1 Which part is it?

1. Hypothalamus
2. Pituitary gland
3. Pineal gland

2 Match each part to what it does.

1. D
2. A
3. B
4. C

3 True or false?

1. T
2. F (Pituitary gland: directing other glands)
3. F (Pineal gland: making the sleep hormone)
4. T

4 Think and answer

The thyroid is a butterfly-shaped gland in the neck, just below the Adam's apple (just a shape comparison).



Spin it in 3D and read more

anatomytour.com/en/glands-and-hormones

Free for classroom and home use

© Anatomy Tour