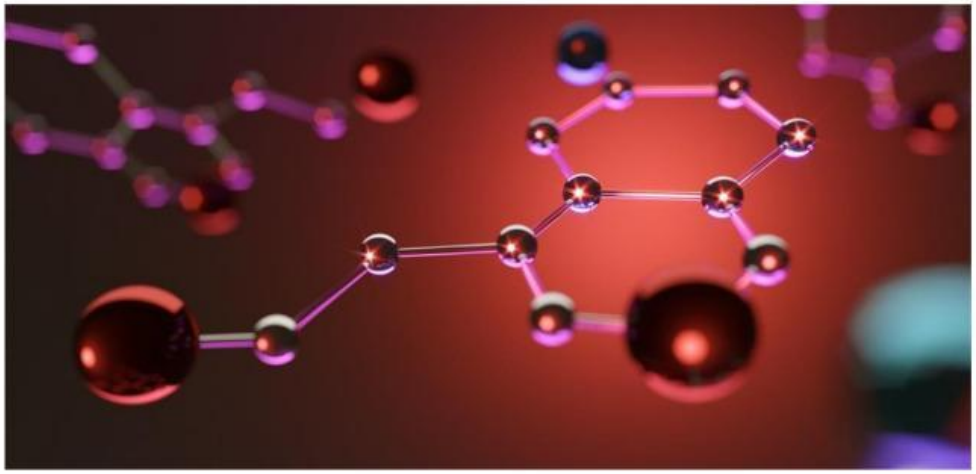
HORMONES



Viewing

Task 1. Fill in the gaps in the table with the names of hormones from the box.

estrogen oxytocin adrenaline progesterone insulin testosterone vasopressin noradrenaline thyroid hormone cortisol growth hormone

1.		**a)**	stimulates development of male secondary sexual characteristics
2.		**b)**	plays an important role in the stress response
3.		**c)**	produced by the body when a person is frightened, angry or excited
4.		**d)**	supports menstruation and maintaining a pregnancy
5.		**e)**	promote the development and maintenance of female characteristics of the body
6.		**f)**	controls your body's metabolism, the process in which your body transforms the food you eat into energy.
7.		**g)**	acts to promote the retention of water by the kidneys and increase blood pressure
8.		**h)**	helps control body growth and the use of glucose and fat in the body
9.		**i)**	stimulates uterine contractions in childbirth and lactation after childbirth
10.		**j)**	regulates the amount of glucose in the blood. The lack of it causes a form of diabetes

Task 2. Watch the video ***"Why Do We Need Hormones?"***.

Reference: https://www.youtube.com/watch?v=MICmTedXiz0&t=305s.

Task 3. Read the six summaries below. Choose the ONE that best describes the main ideas of the video.

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Summary A

Hormones control everything we do, and testosterone exists only in men while estrogen exists only in women. This is why men and women behave so differently.

Summary B

The video focuses on the thyroid gland and how it regulates heartbeat, breathing, and temperature. Abnormal thyroid levels cause symptoms like fatigue, depression, or weight loss.

Summary C

The endocrine system uses glands, hormones, and receptors to regulate the body. Both men and women have testosterone and estrogen, and hormones regulate — not control — our behavior.

Summary D

The body's glands produce hormones and release them in large amounts into the blood. These hormones have complete control over our emotions and thoughts.

Summary E

Hormones travel through the blood and attach to cell receptors to trigger changes. Behavior is influenced by hormones, the brain, and social factors together.

Task 3. Decide if the following ideas are Mentioned (M) or Not Mentioned (NM) in the video.

1._____ Receptors can be located both inside cells and on their surface.

2._____ Testosterone causes facial hair to grow and the voice to deepen during male puberty.

3._____ The thyroid gland produces insulin.

4._____ Serotonin is a chemical in the brain that can be influenced by hormones.

5._____ Hormones regulate bodily processes rather than control human behavior.

6._____ Both men and women have testosterone and estrogen in their bodies.

7._____ Exercise can help balance hormone levels in the body.

8._____ The endocrine system includes three hormone-producing glands in the brain and seven in the rest of the body.

9._____ Hormones are transported through the body via the nervous system.

10._____ Children produce fewer hormones than adults.

Task 4. Join the heads and tails to make correct sentences. (based on the video)

Heads

1. Hormones are any number of chemical messengers…

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2. That's because this system is built off of feedback loops, …

3. In positive feedback loop, if you increase one factor, …

4. Hormones are regulated by negative feedback loops, …

5.I was taught that testosterone and estrogen were opposites, …

6. Corticosteroids aren't immune cells, they're chemicals …

Tails

A. it also increases another.

B. that get secreted by glands, travel through the bloodstream, affect the cells with receptors.

C. where an increase in one substance leads to a decrease of that same substance.

D. that can have an immune effect.

E. but in fact, they're extremely similar chemically and get made from the same ingredients.

F. mechanisms, where changing one aspect of the loop can lead to increases or decreases of another.

Task 5. Choose the correct answer (A, B, C, or D).

1. "The endocrine system works constantly to **orchestrate** these changes."

A) To perform musically

B) To prevent from happening

C) To coordinate complex processes

D) To observe passively

2. "...**exerting** its influence over each and every one of your cells."

A) Removing or withdrawing

B) Hiding or concealing

C) Questioning or doubting

D) Applying or exercising

3. "Receptors recognize specific hormones as they **waft** by."

A) Float gently

B) Rush aggressively

C) Crash violently

D) Stop suddenly

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4. "An **enduring** misconception around the endocrine system..."

   A) New and recent

   B) Persistent and long-lasting

   C) Weak and fading

   D) Scientifically proven

5. "...making us **slaves** to their effects."

   A) Workers who receive payment

   B) People completely controlled by something

   C) Experts in a particular field

   D) Observers of a phenomenon

6. "...from which they extract ingredients to **manufacture** dozens of hormones."

   A) Purchase or buy

   B) Produce or make

   C) Store or keep

   D) Distribute or spread

7. "...in order to **bring about** a specific change."

   A) Prevent or stop

   B) Describe or explain

   C) Observe or watch

   D) Cause or produce

8. "...makes facial hair **sprout**."

   A) Disappear or vanish

   B) Begin to grow

   C) Change color

   D) Stop developing

9. "...however, **altering** the quantity of hormones that glands secrete."

   A) Maintaining or preserving

   B) Changing or modifying

   C) Measuring or calculating

   D) Ignoring or overlooking

10. "...it drives the changes that **ultimately** help us become who we are."

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A) Initially or at first

B) Temporarily or briefly

C) Finally or in the end

D) Accidentally or by chance

Task 6. Choose the correct word to complete each sentence.

1. The hormone-receptor combination ***triggers / prevents / delays*** a range of effects inside the cell.
2. Testosterone causes the voice to ***increase / deepen / widen*** during puberty.
3. Estrogen helps the hips ***thicken / deepen / widen*** in women.
4. Hormones can ***influence / control / prevent*** the production of certain brain chemicals.
5. Disease and stress can ***regulate / disrupt / improve*** the endocrine system's function.
6. Hyperthyroidism occurs when there is too ***little / much / few*** thyroid hormone.
7. The endocrine system keeps our bodies in a state of ***change / imbalance / balance.***
8. Hormones are pumped out in ***tiny / large / moderate*** amounts into the bloodstream.
9. Estrogen secreted from the ovaries ***signals / prevents / delays*** the start of adulthood in women.
10. Insulin is a hormone that ***ignores / manages / increases*** blood sugar levels.

LIVEWORKSHEETS