

## HORMONES

### Lesson 2 – Vocabulary

#### Task 1. The Endocrine System: Gap-Fill Text

**Instructions:** Complete the text using the words from the box. Each word is used ONCE.

**bloodstream receptors secrete regulate homeostasis glands target bind chemical feedback pituitary metabolism deficiency response**

The endocrine system is a network of (1) \_\_\_\_\_ that produce and release hormones — (2) \_\_\_\_\_ messengers that travel through the (3) \_\_\_\_\_ to reach their (4) \_\_\_\_\_ cells. Unlike the nervous system, which sends electrical signals, the endocrine system uses hormones to (5) \_\_\_\_\_ body functions such as growth, (6) \_\_\_\_\_, and reproduction.

Hormones work by binding to specific (7) \_\_\_\_\_ on cell surfaces — a process often compared to a lock and key mechanism. When a hormone molecule (8) \_\_\_\_\_ to its receptor, it triggers a cellular (9) \_\_\_\_\_. The (10) \_\_\_\_\_ gland, located at the base of the brain, is often called the "master gland" because it controls many other endocrine glands.

The endocrine system maintains (11) \_\_\_\_\_ through (12) \_\_\_\_\_ loops. When hormone levels become too high or too low, the body adjusts production accordingly. If glands fail to (13) \_\_\_\_\_ enough hormones, a (14) \_\_\_\_\_ occurs, which can lead to serious health problems.

#### Task 2. Gland Locations: True or False?

**Instructions:** Read each statement. Write **T (True)** or **F (False)**.

No	STATEMENT	T / F
1	The thyroid gland is located in the chest.	
2	The pituitary gland is situated at the base of the brain.	
3	The adrenal glands sit below the kidneys.	
4	The pineal gland is found in the brain, between the hemispheres.	
5	The pancreas lies in front of the stomach.	
6	The hypothalamus is located in the brain, above the pituitary gland.	
7	The parathyroid glands are positioned in front of the thyroid.	
8	The ovaries are located in the chest.	
9	The testes are found outside the body, in the scrotum.	
10	The hypothalamus is situated below the pituitary gland.	

#### Task 3. Contextual Synonyms

**Instructions:** Replace the underlined phrase with a more precise word from the word bank. Change the word form if necessary.

wither waft sprout orchestrate potent trigger exert enduring

1. Even a tiny amount of hormone is incredibly powerful. → \_\_\_\_\_
2. Hormones float gently through the bloodstream. → \_\_\_\_\_
3. During puberty, facial hair begins to grow suddenly. → \_\_\_\_\_
4. The hormone-receptor combination causes to start a range of effects. → \_\_\_\_\_
5. There is a persistent misconception about hormones. → \_\_\_\_\_
6. The endocrine system coordinates all these changes. → \_\_\_\_\_
7. Without hormonal signals, some cells would die and shrink away. → \_\_\_\_\_
8. The system applies influence over each cell. → \_\_\_\_\_

#### Task 4. Paraphrasing Medical Terminology

**Instructions:** For each scientific statement, tick the best plain English paraphrase.

**Example:** "You are experiencing *chronic fatigue* due to cortisol deficiency."

**Best paraphrase:** "You feel tired all the time because your body doesn't make enough stress hormone."

1. **"Chronic stress causes prolonged cortisol elevation, which suppresses immune function."**  
(A) Stress makes you produce more hormones, which is good for fighting illness.  
(B) Your immune system causes stress by releasing too much cortisol.  
(C) Being stressed for a long time raises your stress hormone levels, which weakens your body's ability to fight off sickness.  
(D) High cortisol means you won't feel stressed anymore.
2. **"Testosterone deficiency can lead to decreased bone density."**  
(A) Too much testosterone makes your bones stronger.  
(B) Your bones are producing less testosterone than normal.  
(C) Bone density problems cause your testosterone to drop.  
(D) Low levels of testosterone can cause your bones to become weaker and more fragile.
3. **"You have developed resistance to the effects of insulin."**  
(A) Your body is making too much insulin.  
(B) Your body no longer responds well to insulin, the hormone that controls blood sugar.  
(C) You are allergic to insulin.  
(D) Insulin is destroying your body's natural resistance to disease.
4. **"Your pancreas has reduced capacity for insulin production."**  
(A) Your pancreas is making too much insulin.  
(B) Your insulin is damaging your pancreas.  
(C) You need to eat less sugar to help your pancreas.  
(D) The organ that makes insulin isn't able to produce as much as it used to.
5. **"Melatonin regulates your circadian rhythm."**

- (A) Melatonin is a hormone that helps control your sleep-wake cycle.
  - (B) Your sleep problems are causing low melatonin.
  - (C) Melatonin keeps your heart beating at a regular rhythm.
  - (D) You need to take melatonin supplements every day.
- 6. "The adrenal glands are producing excessive amounts of adrenaline."**
- (A) Your adrenal glands have stopped working.
  - (B) You need more adrenaline to feel normal.
  - (C) The glands that make your "fight or flight" hormone are releasing too much of it.
  - (D) Adrenaline is building up in your adrenal glands.
- 7. "Elevated estrogen levels may indicate ovarian hyperstimulation."**
- (A) Your ovaries aren't producing enough estrogen.
  - (B) Higher-than-normal estrogen levels could mean your ovaries are being overstimulated.
  - (C) High estrogen is always a sign of good health.
  - (D) You need to increase your estrogen levels.
- 8. "This substance inhibits the synthesis of thyroxine."**
- (A) This substance helps your body make more thyroid hormone.
  - (B) Thyroxine is blocking this substance from working.
  - (C) This substance blocks your body from making thyroid hormone.
  - (D) This substance and thyroxine work together to boost your metabolism.
- 9. "We need to monitor your fluctuations in hormone levels."**
- (A) Your hormone levels are perfectly stable.
  - (B) We need to stop your hormones from changing.
  - (C) Hormone fluctuations are not important to your health.
  - (D) We need to keep track of how your hormone levels go up and down over time.