

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.

with **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.