

1. Which gland is located closest to the human brain?

- a. The thyroid
- b. The pituitary
- c. The adrenal
- d. The ovaries

2. The pituitary gland is most similar to:

- a. A worker in a factory
- b. A mail carrier
- c. The boss of a big office
- d. A security guard or police officer

3. Your body's metabolism is controlled by the thyroid gland. What's the best synonym for "metabolism?"

- a. The rate at which your cells use energy
- b. Sleep cycle
- c. Sexual maturity
- d. Body temperature

4. What might happen if your parathyroid gland didn't function properly?

- a. You wouldn't be able to become a mother or father
- b. Your entire endocrine system would shut down
- c. You wouldn't be able to react to stress properly
- d. Your nerves and muscles would have problems functioning

5. When might your body release adrenaline?

- a. When you're waking up from a long night's sleep
- b. When there isn't enough calcium in your bloodstream
- c. When you're threatened by a schoolyard bully
- d. When you've had too much to eat

6. People with enlarged thyroid glands develop a condition called "goiter." This is often visible as:

- a. A growth on the person's forehead
- b. A lump on the person's neck
- c. A swelling in the person's abdomen
- d. Pimples on the person's back

7. Damage to the pineal gland would most likely affect your:

- a. Sleep cycle
- b. Memory
- c. Blood sugar
- d. Immune response

8.



Type 1 diabetes is related to an imbalance in which hormone?

- a. Insulin
- b. Adrenaline
- c. Melatonin
- d. Estrogen

9. A woman's egg cells can be found inside her:

- a. Thyroid
- b. Ovaries
- c. Pancreas
- d. Testes

10. Place the following events in sequence: A) Cells send negative feedback to glands; B) Hormones are released into the bloodstream; C) Hormones are absorbed by target cells

- a. A, B, C
- b. B, A, C
- c. A, C, B
- d. B, C, A