

THE ENDOCRINE SYSTEM

Reading, Vocabulary & Quiz Worksheet

Student's Name: _____

Date: _____

Part 1: Reading - The Body's Messengers

Read the text below and learn how your body communicates internally.

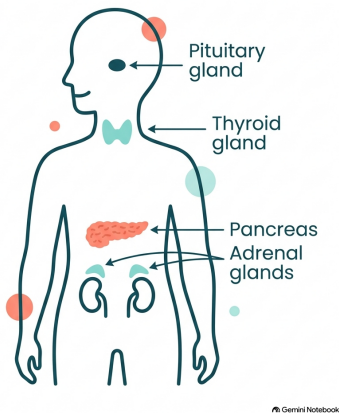
The **endocrine system** is an important communication network in our body. It consists of **glands** (gruczoły) that produce and release **hormones** (hormony). Hormones act as **chemical messengers**. They travel through our blood to different organs and tell them what to do.

Main Functions of the System:

- **Growth:** Hormones help children grow and develop.
- **Metabolism:** They control how our body uses energy from food.
- **Mood:** They influence our emotions and how we feel.

Key Glands in Our Body:

1. **Pituitary gland:** Known as the "*master gland*" because it controls other glands.
2. **Thyroid gland:** Controls the speed of your metabolism.
3. **Pancreas:** Produces *insulin* to control sugar levels in the blood.
4. **Adrenal glands:** Produce *adrenaline*, which helps the body respond to stress.



If the endocrine system does not work correctly, it can cause diseases like diabetes or growth problems (like dwarfism or gigantism).

Part 2: Reading Comprehension

Exercise A: True or False? Write **T** (True) or **F** (False) in the boxes.

Statement (Zdanie)	True	False
1. The endocrine system uses chemical messengers called hormones.	☐	☐
2. Hormones travel through the air to reach different organs.	☐	☐
3. The thyroid gland controls the speed of our metabolism.	☐	☐
4. The pancreas produces insulin to control sugar in the blood.	☐	☐
5. The pituitary gland is controlled by all other glands.	☐	☐

Exercise B: Match the gland to its primary function.

Gland (Gruczoł)	Function (Funkcja)
A. Pituitary gland	☐ Controls the speed of metabolism in our body.
B. Thyroid gland	☐ Produces adrenaline to help respond to stress.
C. Pancreas	☐ Known as the 'master gland' because it directs others.
D. Adrenal glands	☐ Produces insulin to control blood sugar levels.

Part 3: Bilingual Glossary (Słowniczek)

Study the medical English terms and their Polish translations from your materials.

English Term	Polish Translation	English Term	Polish Translation
endocrine gland	gruczoł dokrewny	hormone	hormon
pituitary gland	przysadka mózgowa	insulin	insulina
thyroid gland	tarczyca	glucagon	glukagon
pancreas	trzustka	adrenaline	adrenalina
adrenal glands	nadnercza	thyroxine	tyroksyna
pineal gland	szyszynka	growth hormone	hormon wzrostu
ovaries	jajniki	melatonin	melatonina
testes	jądra	estrogen	estrogen
dwarfism	karłowatość	progesterone	progesteron
gigantism	gigantizm	testosterone	testosteron
metabolism	metabolizm	—	—

Part 4: Vocabulary Practice

Exercise C: Complete the sentences using the words from the word bank below.

WORD BANK: pancreas • hormone • pituitary gland • diabetes • adrenaline

- Glands produce and release a chemical messenger called a _____ into the blood.
- The _____ is known as the "master gland" because it controls other glands.
- The _____ produces insulin to control sugar in your blood.
- When you are stressed or scared, your body releases _____ to help you respond.
- If your body cannot control its blood sugar levels properly, it can lead to a disease called _____.

Part 5: Interactive Quizzes & Games

Scan or click on the links below to test your knowledge on the endocrine system!

Interaktywne Quizy / Online Study Tools

- **Kahoot! Interactive Quiz:** Test your vocabulary and understanding in a gamified arena. [Click here to open the Kahoot! Quiz.](#)
- **Blooket Classroom Game:** Challenge your classmates and play a fast-paced learning game. [Click here to open the Blooket Game.](#)