



Endocrine System Focus Factor Worksheet

Part 1: Fill-in-the-Blank

1. The _____ gland is called the “master gland” because it controls many other glands.
2. The _____ gland makes melatonin and helps regulate your sleep cycle.
3. The _____ gland is shaped like a butterfly and controls metabolism and energy.
4. The hormone that helps you grow taller is released by the _____ gland.
5. A healthy thyroid needs the mineral _____ to make its hormones.
6. The pituitary gland works closely with the _____ (part of the brain) to send signals to other glands.

Part 2: Multiple Choice

- Which gland is associated with intuition and sometimes called the “third eye”?
 - A) Pituitary
 - B) Pineal
 - C) Thyroid
 - D) Adrenal
- Which hormone is released at night to help you sleep?
 - A) Cortisol
 - B) Growth hormone
 - C) Melatonin
 - D) Insulin



- The pituitary gland helps regulate all of the following except:
 - A) Puberty
 - B) Growth
 - C) Water balance
 - D) Digestion of food in the stomach
- If your metabolism feels too fast or too slow, which gland might be out of balance?
 - A) Pineal
 - B) Thyroid
 - C) Pituitary
 - D) Adrenal
- Which mineral is especially important for thyroid health?
 - A) Calcium
 - B) Iodine
 - C) Iron
 - D) Vitamin C

Part 3: Reflection

- Which of the three glands—pituitary, pineal, thyroid—do you think has the biggest impact on your daily life right now, and why?

- Based on what you have learned, what is one healthy habit you could try to support these glands?
