

Endocrine System - Multiple Choice Worksheet

Name: _____

Date: _____

Instructions: Choose the correct answer from the options provided.

- What is the primary function of the endocrine system?**
 - To break down food for energy
 - To send chemical messages throughout the body
 - To pump blood through the body
 - To defend against infections
- Which of the following are chemical messengers produced by the endocrine glands?**
 - Enzymes
 - Hormones
 - Neurotransmitters
 - Antibodies
- Which gland is known as the "master gland" of the endocrine system?**
 - Thyroid
 - Pancreas
 - Pituitary
 - Adrenal
- What hormone is primarily responsible for regulating metabolism?**
 - Insulin
 - Thyroxine
 - Adrenaline
 - Estrogen
- Which of the following glands produces insulin?**
 - Adrenal glands
 - Pituitary gland
 - Thyroid gland
 - Pancreas
- Which gland produces adrenaline (epinephrine), the hormone responsible for the fight or flight response?**
 - Adrenal gland
 - Pineal gland
 - Pituitary gland
 - Thymus gland
- What is the primary function of insulin in the body?**
 - To raise blood sugar levels
 - To regulate metabolism
 - To lower blood sugar levels
 - To regulate heart rate
- The hormone responsible for stimulating growth and development is:**
 - Cortisol
 - Growth hormone
 - Melatonin
 - Glucagon
- Which gland regulates the sleep-wake cycle by producing melatonin?**
 - Thyroid
 - Pancreas
 - Pineal gland
 - Adrenal gland
- The thyroid gland is located:**
 - In the brain
 - In the neck
 - Behind the stomach
 - Above the kidneys
- Which hormone is responsible for stimulating the release of glucose from the liver?**
 - Insulin
 - Glucagon
 - Cortisol
 - Estrogen
- The parathyroid glands regulate the levels of which mineral in the blood?**
 - Sodium
 - Calcium
 - Potassium
 - Magnesium
- Which hormone is primarily responsible for regulating water balance in the body?**
 - Antidiuretic hormone (ADH)
 - Thyroxine
 - Insulin
 - Cortisol

14. **Which gland plays a key role in the immune system by promoting the development of T-cells?**
- a) Pineal gland
 - b) Thymus gland
 - c) Pituitary gland
 - d) Adrenal gland
15. **What hormone is responsible for female reproductive development and regulation of the menstrual cycle?**
- a) Testosterone
 - b) Estrogen
 - c) Progesterone
 - d) Cortisol
16. **Testosterone is primarily produced by which of the following glands?**
- a) Adrenal glands
 - b) Testes
 - c) Pituitary gland
 - d) Thyroid gland
17. **What condition is caused by the underproduction of insulin?**
- a) Hyperthyroidism
 - b) Diabetes mellitus
 - c) Hypoglycemia
 - d) Addison's disease
18. **Which of the following is NOT an endocrine gland?**
- a) Pancreas
 - b) Thyroid
 - c) Sweat glands
 - d) Adrenal glands
19. **Cortisol, the hormone that helps regulate metabolism and the body's response to stress, is produced by which gland?**
- a) Pituitary gland
 - b) Adrenal gland
 - c) Thyroid gland
 - d) Pineal gland
20. **Which hormone prepares the body for pregnancy and maintains the early stages of pregnancy?**
- a) Progesterone
 - b) Estrogen
 - c) Testosterone
 - d) Insulin

Answer Key

1. b) To send chemical messages throughout the body
2. b) Hormones
3. c) Pituitary
4. b) Thyroxine
5. d) Pancreas
6. a) Adrenal gland
7. c) To lower blood sugar levels
8. b) Growth hormone
9. c) Pineal gland
10. b) In the neck
11. b) Glucagon
12. b) Calcium
13. a) Antidiuretic hormone (ADH)
14. b) Thymus gland
15. b) Estrogen
16. b) Testes
17. b) Diabetes mellitus
18. c) Sweat glands
19. b) Adrenal gland
20. a) Progesterone