

Hormones

Reading Comprehension Passage

Hormones

Name: _____ Date: _____

Read the passage carefully.

1. What are hormones and how do they work?
2. Can you provide examples of different types of hormones and their functions?
3. What are the main glands that produce hormones?
4. Why are hormones important for our bodies?
5. What happens if our hormones are out of balance?
6. How can we keep our hormones in balance?
7. What are some common hormone-related conditions?
8. How do hormones change as we age?
9. What are some ways to manage hormone-related issues?

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Hormones

Hormones are special chemicals in our bodies that help control how our bodies work. They are like messengers that travel through our blood to different parts of our bodies to tell them what to do.



There are many different types of hormones in our bodies, and they all have different jobs. For example, one hormone called insulin helps our bodies use sugar for energy. Another hormone called adrenaline helps us feel excited or scared. And another hormone called estrogen helps girls grow into women.

Hormones are made in special glands in our bodies. These glands are like little factories that produce hormones and release them into our blood. Some of the main glands that make hormones are the pituitary gland, the thyroid gland, and the adrenal glands.

Sometimes, our hormones can get out of balance. This can happen if our glands make too much or too little of a certain hormone. When this happens, it can cause problems in our bodies. For example, if someone has too much insulin, they might develop diabetes. Or if someone has too little estrogen, they might have trouble getting their period.

Luckily, there are ways to help balance our hormones. Eating healthy foods, getting enough sleep, and exercising regularly can all help keep our hormones in check. Sometimes, doctors may also prescribe medicine to help regulate our hormones.

It's important to take care of our hormones because they play a big role in how our bodies grow and develop. They help us go through puberty, which is when our bodies change from kids to adults. They also help us stay healthy and strong.

So the next time you feel excited, scared, or happy, remember that it's all thanks to your hormones working hard behind the scenes to keep your body running smoothly. And be sure to thank them by taking good care of yourself!

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Marcel A. Müller



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