Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hormones and Metabolism

1. Explain where hormones are created and how they move throughout the body.
2. List 5 hormones and explain the source, target, purpose and type of hormone it is.

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| Name | Source | Target cells | Purpose | Steroid or Peptide |
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1. Explain how a steroid hormone delivers its message.
2. Describe what a receptor-hormone complex is and what it does.
3. Explain how a peptide hormone delivers its message to a target cell.
4. Describe how a hormone cascade mediated reaction delivers its message.
5. Explain how the pituitary gland and the hypothalamus are involved in hormonal control. List three or more hormones regulated by the hypothalamus.
6. Explain how the hormones involved in breast milk production and release control the process.
7. Describe the purpose of HGH, its role in sports and reasons to ban it.
8. Explain what happens during an iodine deficiency and what efforts are being made globally to end Iodine Deficiency Disorders.