

Hormone Action Key Information

Hormones are special chemicals made by glands in the body. They act like messengers, traveling through the blood to tell different parts of the body what to do. Hormones help control many important jobs, like how we grow, how much energy we have, and how we feel. For example, insulin is a hormone that helps control the amount of sugar in our blood. Another hormone, adrenaline, helps us react quickly when we are scared or excited. Hormones work slowly but are very important for keeping our body healthy and balanced.

Key words & definitions

Key word	Key information
Hormone	A chemical made by glands in the body that acts as a messenger to control how different parts of the body work.
Gland	An organ in the body that produces and releases substances such as hormones.
Messenger	A substance that carries signals from one part of the body to another.
Bloodstream	The flow of blood around the body that transports hormones and other substances.
Growth	The process of increasing in size and developing.
Energy levels	The amount of usable energy available for the body to carry out activities.
Balance (Homeostasis)	Keeping the body's internal conditions stable and healthy.