Endocrine system
This body system is in charge of slower body processes, like cell growth. It is made up of glands and hormones.

Pituitary
The major endocrine gland, attached to the base of the brain. It is important in controlling growth, development, and the functions of other glands.

Stimulate
To make something more active.

Gland
Important cells or organs all over your body that produce important secretions, or liquids, like saliva or sweat.

Hormone
Special chemicals in the body that help it grow and develop.

Metabolism
The process the body uses to convert the food we eat into energy. Every time you eat and swallow, your body processes the nutrients and turns them into fuel.

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from Ask, Listen, Learn.

See all lessons