



Grow - How does your body know to grow?

Fact

- Your growth is controlled by the pituitary gland which is a tiny little gland under your brain.
- Your pituitary gland releases a chemical message called growth hormones which tell our body to grow.
- The basic building blocks of our bodies are things called cells. The growth hormone tells the cells to grow and split into two. When all our cells do this at once we grow.

Do you know

- Have you ever heard of a “growth spurt” before? That’s the name given to the times when you seem to almost grow overnight. Growth spurts happen to children and teenagers when the pituitary gland releases a flood of growth hormones instead of just a little bit.
- Your body uses the food that you eat to make energy to help our cells grow and divide.
- When you’re in the middle of a growth spurt you often find that you’re pretty hungry.
- Growth hormone triggers your liver to release a special hormone too which helps your bones to harden.

Experiments you can do

Use a height chart to measure the height of you and your family. You can make one yourself with several sheets of paper and a tape measure making off the centimetres with a pen or pencil.

Put the date and the name of the person by the measurement they are that day then measure everyone’s height again in a couple of months.

Is everyone growing? Are they growing at the same rate? What about the grown ups? Are they still growing?

Other Investigations

Your body turns the food that you eat into energy for your cells to grow and divide so you can grow. What would be the best kinds of food to eat to help your body make the best kind of energy?

Jokes

Why did the girl take a ruler 2 bed? To see how long she slept
From Lisa Tran

Why did the boy stand in the compost? He thought it would help him grow.