Select the correct answer from the text below each question:

1. The process of keeping internal conditions constant is called...
   static regulation  homeostasis  sweating  osmosis

2. If our body is to function properly it must regulate...
   (a) water and salt levels  (b) pH levels  (c) blood sugar levels  (a), (b), (c) and more

3. __________ is the process of keeping the body at a constant temperature.
   osmoregulation  glucoregulation  thermoregulation  euro-regulation

4. __________ is the process of keeping a constant amount of water and salts in the blood.
   osmoregulation  glucoregulation  thermoregulation  euro-regulation

5. __________ is the means by which a constant blood sugar level is maintained.
   osmoregulation  glucoregulation  thermoregulation  euro-regulation

6. Which part of the brain monitors the body’s sugar levels, temperature and water content?
   Hypothalamus  Hippocampus  Hypothermus  Hippopotamus

7. Human enzymes work best at body temperature which is …
   0°C  24°C  30°C  37°C

8. Which organ is important in regulating body temperature?
   skin  kidney  appendix  bladder

9. To help us cool down blood vessels near the surface of the skin can swell or dilate. This is called…
   veinodilation  vasoconstriction  vasodilation  varicose veins

10. Hairs on the skin stand erect when we are too …
    cold  excited  warm  sweaty

11. If the body is too hot, glands under the skin secrete sweat onto the surface of the skin in order to increase heat loss by …
    condensation  evaporation  vaporisation  liquidation

12. The amount of water reabsorbed in the kidney depends on which of the following hormones?
    ADA  ATP  ADH  insulin

13. ADH stops the removal of _________ from the blood in the kidneys.
    sugar  salt  water  urine

Use the “Homeostasis: bounce quiz” at the eChalk website to help you answer these questions.
Worksheet to complement eChalk resource: 
“Homeostasis: Bounce quiz”
http://www.eChalk.co.uk

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**Homeostasis quiz**

14. ADH is released by the ________ gland.
   - prostate
   - thyroid
   - sebaceous
   - pituitary

15. Which hormone reduces the level of glucose in the blood?
   - ADH
   - insulin
   - testosterone
   - cortisone

16. The islets of Langerhans are found in the …
   - pancreas
   - kidneys
   - liver
   - outer Hebrides

17. When the blood sugar level ________, the pancreas releases insulin into the blood.
   - drops
   - rises

18. Insulin triggers uptake of sugar into the tissues and muscles, and triggers the liver to turn ________ into ________, which is stored. This brings the blood sugar level down.
   - water into wine
   - starch into glucose
   - glucose into glycogen
   - carbohydrates into sugar

19. People with diabetes do not make ________, so they have to inject it, and be very careful with their carbohydrate intake.
   - urine
   - protein
   - sugar
   - insulin

20. The body maintains a constant internal environment by using ________ feedback (which attempts to reverse the changes that are occurring)
   - constructive
   - negative
   - positive
   - destructive
(Answers) Homeostasis quiz

1. The process of keeping internal conditions constant is called...
   - static regulation
   - homeostasis
   - sweating
   - osmosis

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