

Understanding Homeostasis

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Review Questions on Homeostasis and Body Systems

Name: _____

Date: _____

Answer the following questions based on the lesson about homeostasis in the human body.

1. What is homeostasis and why is it important for our body?

2. Which of the following is NOT an example of homeostasis in the human body?

- A. Body temperature
- B. Blood sugar
- C. Heart rate
- D. Mood swings

3. Homeostasis helps our body maintain balance in various conditions.

- True False

4. God's design in our body shows that we are ____ and wonderfully made.

5. What happens to your body if it gets too hot? Describe the response.

6. What is one way your body maintains water balance?

- A. Drinking lots of soda
- B. Sweating
- C. Eating candy
- D. Sleeping all day

7. Only one body system is responsible for maintaining homeostasis.

- True False

8. One example of how the body maintains balance is by regulating ____ levels.

9. How do multiple systems work together to help maintain homeostasis? Give an example.

10. According to Psalm 139:14, how does the Psalmist view God's creation?

- A. As random
 - B. As wonderful
 - C. As boring
 - D. As unnecessary
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Answer Key

1. Homeostasis is the process by which our body maintains stable conditions. It is important because it helps our body function properly and stay healthy, even when conditions outside change. 2. 3 3. True 4. fearfully 5. When the body gets too hot, it starts to sweat to cool down. This is a way the body maintains its temperature through homeostasis. 6. Sweating 7. False 8. blood sugar 9. Multiple systems, like the nervous and endocrine systems, work together to keep our body balanced. For example, when blood sugar levels drop, hormones are released to increase it back to normal. 10. As wonderful