Temperature Regulation Marvel Review

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Understanding Homeostasis in the Human Body

Name: _____ Date: _____

Answer the following questions based on what you learned about how the human body regulates temperature.

1. What is the normal body temperature for a healthy human being?

- **A.** 96.8°F
- **B.** 98.6°F
- **C.** 100.4°F

2. Explain how sweating helps to cool the body. Why is this important for maintaining homeostasis?

3. The process of ___ generates heat when the body gets cold.

4. Blood vessels constrict to help the body cool down.

◯ True ◯ False

5. Which mechanism helps the body to warm up when it gets too cold?

- **A.** Sweating
- **B.** Shivering
- **C.** Breathing

6. List three ways your body regulates temperature and briefly explain each one.

7. Psalm 139:14 reminds us that we are ___ and wonderfully made.

8. Maintaining a constant body temperature is not important for survival.

◯ True ◯ False

9. How does the body know when to start sweating?

- **A.** By sensing heat
- **B.** By feeling thirsty
- **C.** By eating food

10. In what ways do the temperature regulation mechanisms reflect God's design in our bodies?

Answer Key

1. 98.6°F 2. Sweating cools the body by releasing moisture on the skin, which evaporates and cools the body down. This is important for preventing overheating and maintaining a stable internal temperature. 3. shivering 4. False 5. Shivering 6. 1. Sweating cools the body by releasing moisture. 2. Shivering generates heat through muscle movement. 3. Blood vessels expand to release heat or constrict to conserve heat. 7. fearfully 8. False 9. By sensing heat 10. These mechanisms show God's design because they work together perfectly to keep us healthy and safe. Each mechanism is precise and efficient, demonstrating how thoughtfully God created our bodies.