

Health and System Function Review

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Understanding Body Systems and Homeostasis

Name: _____

Date: _____

Answer the following questions based on what you learned about how our body systems work together and how to care for them.

1. What surprised you about how our body systems work together?

2. What does 1 Corinthians 6:19-20 teach us about our bodies?

- A. They are just physical structures.
- B. They are temples of the Holy Spirit.
- C. They do not matter.

3. Exercise has no benefits for our body systems.

- True False

4. Nutrition plays a key role in supporting our body's ____ and overall health.

5. What are some ways we can honor God through our health choices?

6. How does sleep impact our body?

- A. It has no impact.
- B. It helps with healing and regeneration.
- C. It makes us feel tired.

7. We are responsible for taking care of our bodies.

- True False

8. The concept of ____ refers to the body's ability to maintain stable internal conditions.

9. Which of the following lifestyle choices can negatively affect body systems?

- A. Eating junk food
- B. Regular exercise
- C. Drinking water

10. How can we make healthier choices this week?

Answer Key

1. I was surprised to see how interconnected everything is. 2. They are temples of the Holy Spirit. 3. False 4. systems 5. We can eat healthy foods, get enough sleep, and exercise regularly to show we care for our bodies. 6. It helps with healing and regeneration. 7. True 8. homeostasis 9. Eating junk food 10. We can plan meals with fruits and vegetables, exercise at least three times, and get enough sleep each night.