

National Institute of Open Schooling
Senior Secondary -Biology
Lesson 18: Homeostasis
Worksheet -18

1. What do you understand by the concept of Homeostasis? Why it is essential for the health and vitality of living systems?
2. How vasoconstriction helps in thermoregulation?
3. The girl is asked by her mother to drink a lot of water after physical exercising. In your opinion why does her mother say this?
4. Why sweating is a useful mechanism for organism to cool themselves in hot weather conditions.
5. Differentiate the negative feedback system and a positive feedback system. Which kind of mechanism normally operates in homeostasis?
6. The largest human body organ which plays important role to regulate the temperature and also act as a barrier against harmful microorganism belongs to the:
 - a) Circulatory system
 - b) Nervous system
 - c) Integumentary system
 - d) Digestive system
7. How does the temperature affect the enzyme activity? Which temperature range usually best for the enzyme activity?
8. Distinguish between the Endotherms and Ectotherms. How do lizards maintain homeostasis in hot surrounding?
9. What are the main components of Homeostasis? Mention the role of hypothalamus during heat regulation in humans?
10. What are the types of regulatory systems?