

14.4 Homeostasis

Name: _____ Class: _____ Date: _____

Total: 29 marks

KEY WORDS blood glucose 血糖 • set point 设定点 • environment 环境 • diabetes 糖尿病
• blood vessels 血管

Objective

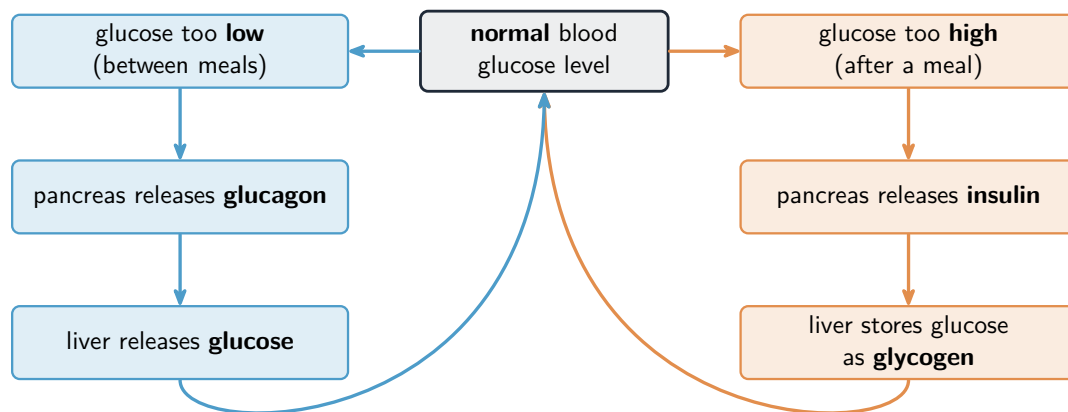
Build the skills to answer exam questions on **homeostasis** 稳态 — **negative feedback** 负反馈, controlling **blood glucose** 血糖, **diabetes** 糖尿病, and temperature control.

You must be able to:

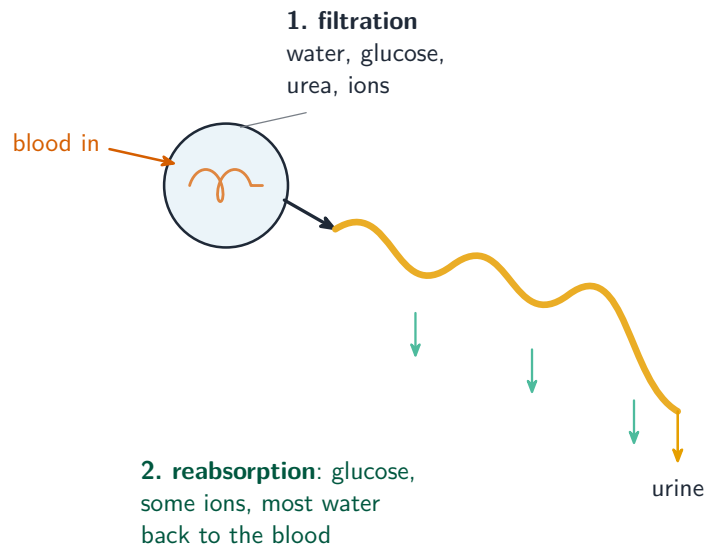
- define homeostasis and explain negative feedback
- describe how insulin and glucagon control blood glucose
- describe how the skin controls body temperature

1 Worked examples

■ Blood glucose control



Negative feedback keeps blood glucose near a set point



The kidney is a key homeostatic organ

- **insulin:** after a meal, liver stores glucose as glycogen (lowers glucose).
- **glucagon:** between meals, liver releases glucose (raises glucose).
- **too hot:** sweating + vasodilation; **too cold:** shivering + vasoconstriction.

■ One loop, three examples

Homeostasis 稳态 is the maintenance of a constant internal environment. Every example follows the same **negative feedback** 负反馈 loop, and writing it in this order earns the marks:

a change from the set point → receptor detects it → coordinator → effector acts → the change is REVERSED

The word that makes it *negative* feedback is **reversed**: the response acts in the opposite direction to the change.

Temperature.

Too HOT	Too COLD
more sweat; its water evaporates , taking heat from the skin	little sweat
vasodilation 血管舒张 — surface arterioles widen, more blood flows near the surface, more heat lost by radiation	vasoconstriction 血管收缩 — arterioles narrow, less blood near the surface, less heat lost
hairs lie flat	hairs stand up, trapping insulating air; shivering , whose respiration releases heat

△ The arterioles **widen or narrow**; blood vessels do not move up and down in the skin, and saying they “rise to the surface” is specifically penalised.

Blood glucose. Too high → the **pancreas** releases **insulin** → the liver converts glucose to **glycogen** and cells take up more glucose → the level falls. Too low → the pancreas releases **glucagon** → the liver converts glycogen back to glucose → the level rises. **Type 1 diabetes** is a failure to produce enough insulin, treated by injection with diet and exercise control.

Water. Too little water in the blood → the pituitary releases more **ADH** → the kidney tubules become more permeable → more water is reabsorbed → a small volume of concentrated urine. Too much water → less ADH → less reabsorption → a large volume of dilute urine.

Worked example. Explain what happens in the body during 20 minutes of hard exercise on a hot day.

1. Respiration in the muscles releases heat, so core temperature rises above the set point.
2. The hypothalamus detects the rise; sweat glands produce more sweat and the surface arterioles vasodilate.
3. Evaporation and radiation remove heat, so the temperature falls back — negative feedback.
4. Meanwhile water is lost in sweat, so the blood becomes more concentrated; more ADH is released and the kidney reabsorbs more water, producing a small volume of concentrated urine.

2 Practice

2.1 Define homeostasis. [1]

2.2 Name the hormone that lowers blood glucose. [1]

2.3 State what is meant by negative feedback. [2]

2.4 Name the hormone released when blood glucose falls, and state its effect on the liver. [2]

2.5 Explain the effect of ADH on the kidney when a person is dehydrated. [2]

3 Exam-style questions

3.1 When you are too hot, the blood vessels near the skin surface: [1]

A	B
C	D

A narrow (vasoconstriction)

B widen (vasodilation)

C disappear

D stop carrying blood

3.2 Blood glucose is kept steady by negative feedback.

(a) Describe what happens after a meal raises blood glucose. [3]

(b) State what causes Type 1 diabetes. [1]

3.3 Explain how sweating helps cool the body. [2]

3.4 A student runs for 20 minutes on a hot day.

(a) Describe two changes in the skin that help lower body temperature, explaining how each works. [4]

(b) Explain why the student's urine is a smaller volume and more concentrated afterwards, naming the hormone involved. [4]

(c) After the run the student drinks a sugary sports drink and blood glucose rises. Describe the response that returns it to normal, naming the organ, the hormone and the storage compound. [4]

(d) Explain why all three of these responses are described as negative feedback. [2]
