

REVIEW AND REINFORCEMENT GUIDE
CHAPTER 1 ■ *The Human Body*

SECTION
1-1 **The Body as a Whole**

(pages 14–15)

KEY CONCEPTS

- ▲ The process by which the body's internal environment is kept stable in spite of changes in the external environment is called homeostasis.

■ **Applying Facts: Understanding the Main Ideas**

Decide whether each of the following situations is an example of homeostasis. If it is, write H next to the item. If it is not, write N.

- _____ 1. An explorer in Antarctica has the same approximate body temperature as a person vacationing in Hawaii.
- _____ 2. You blink when a fly passes in front of your face.
- _____ 3. The level of sugar in your blood remains constant even though you decide to go on a diet and cut out sweets.
- _____ 4. When the temperature is high, your body produces sweat to cool off.
- _____ 5. When your body has lost a certain amount of water, you feel thirsty and are prompted to drink something to replace the fluid your body has lost.
- _____ 6. When you eat salty food, excess salt is excreted in urine so that the amount of salt in the blood remains constant.
- _____ 7. When you fail to get enough sleep, you feel tired the next day.
- _____ 8. If your blood pressure becomes too low, sensory neurons stimulate the nervous system to increase the rate at which the heart pumps.
- _____ 9. When you take a deep breath, the volume of your chest cavity increases.
- _____ 10. When you learn a physical skill, such as skiing, the part of the brain called the cerebellum coordinates and balances the actions of the muscles.

■ Relating Facts: Understanding the Main Ideas

List the four basic types of human tissues. Then tell which type of tissue is described by each of the items that follow.

1. It forms a protective surface on the outside of your body. _____
2. Bone is an example of this kind of tissue. _____
3. It is the only kind of tissue in the human body that has the ability to contract.

4. It lines the various body cavities such as the stomach, ears, and mouth. _____
5. This type of tissue provides support for your body. _____
6. This tissue carries messages back and forth between your brain and spinal cord and every other part of your body. _____
7. Blood is an example of this kind of tissue. _____
8. This type of tissue does jobs such as moving food from your mouth to your stomach.
