

Homeostasis

9th Grade

Keeping the inside steady while the outside changes.



Homeostasis is the maintenance of a stable internal environment through negative feedback loops.

- Receptors detect a change from the set point.
- The control centre — usually the brain — processes it.
- Effectors act to reverse the change.
- Negative feedback reverses the change; positive feedback amplifies it.
- Examples: body temperature, blood glucose, water balance, pH.

LOOK FOR IT

Too hot: you sweat and blood vessels widen. Too cold: you shiver and they narrow.

Almost all homeostasis is negative feedback. Positive feedback is rare — childbirth and blood clotting.