



# Thermoregulation

Our body functions most efficiently at 37°C. The blood temperature is monitored by the brain and if it varies from 37°C, various changes are brought about. The means by which our body maintains a constant temperature is called thermoregulation.

Use the words below to complete the missing gaps on the thermoregulation flow diagram.

You may use a word more than once.

### Word Bank

- Homeostasis
- Thermoregulation
- Enzymes
- Hypothalamus
- Impulses
- Vasodilation
- Vasoconstriction
- Stimulus
- Response
- Negative feedback
- Glucoregulation
- Osmoregulation

- Hypothalamus • Lie flat • Decreases • More sweat • Warming mechanisms • Less sweat
- Vasoconstriction • Stand up • Shivering • No shivering • Contraction • Increases • 37°C
- Evaporation • Cooling mechanisms • Vasodilation

