



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

