**Homeostasis Handout**

**As you work your way through the homeostasis introduction presentation, answer the following questions to help you collect the relevant information.**

1. **What is the purpose of homeostasis?**
2. **Give some examples in which our body tries to maintain homeostasis:**
3. **What are some examples of optimal conditions in the human body?**
4. **Why is homeostasis not considered to be a steady state?**
5. **Listed below are the 3 important components that provide feedback to the body. Describe the role that each plays in homeostasis:**
6. **Monitor/Receptor**
7. **Control Centre/Integrator**
8. **Effector**
9. **Why might the body sometimes go outside normal homeostasis ranges?**