**What is homeostasis?**

* To put it simply “homeostasis is a biological balance between an organism and it’s environment”
* *Key word:* ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***
* To function properly an organism (\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) must maintain internal conditions in a specific range in spite of environmental changes.
* An inability to maintain conditions in this range (balance) will cause the organism (or it’s cells) to not function properly (which usually means disease or death).

**Examples of Homeostasis:**

* What does your body do when you do not have enough fuel (food)?
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (hunger pangs), store extra as fat, use up fat stores, conserve energy (you are weak)
* What does your body do when you deprive it of oxygen? (hold your breath)
* But why? How does your body know what to do?
* To understand how this happens we need to remember that the basic unit of life is the ….. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* This means that this balance is being maintained at a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the cells in your body communicate with each other.
* Each cell in your body has a function and they rely on each other to obtain the substances needed to function and help remove waste products.
* How do you cells maintain homeostasis?

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