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Worksheet 5.1 Homeostasis

**1** Define the term ‘homeostasis’.

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**2** Why is it important to maintain homeostasis in the human body?

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**3** Using a diagram or flow chart, show how a negative feedback system works. Include the names of the key features in the feedback system.

**4** Explain the difference between positive and negative feedback. Give examples of each.

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**5** Explain why homeostasis is achieved by negative feedback, not positive feedback.

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