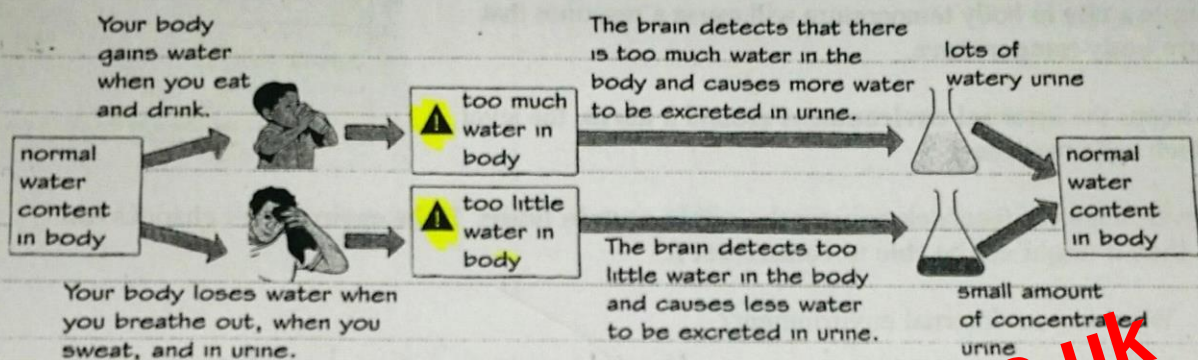


Osmoregulation

You need to keep a control or **balance** between the **water you gain**, through food, drink and respiration and the **water you lose** in sweat, urine and breathing out. The control of water levels in the body is called **osmoregulation**.

If you lose **too much water** the kidneys produce **little** urine and the **brain responds** by making you **thirsty**.

If your water levels are too high then the kidneys remove the excess water, producing lots of **dilute** urine.



Q1. Fill in the correct words to complete the sentence.

Homeostasis means keeping conditions inside the body balanced. (2) 2

Q2. Describe three ways your body can lose water.

by sweating, by urinating more, breathing out faster or more. (2) 1

Q3. Describe two ways your body can gain water.

by eating, because foods contain water, another way is by drinking water. (2) 2

Q3. Describe how osmoregulation controls the water content of the body.

When the water content is too high, osmoregulation produces lots of watery urine. When the water levels are too low, osmoregulation produces small amount of concentrated urine. (2) 2

Good

7/8