

Amoeba Sisters Video Recap of *Homeostasis and the Cell Membrane King*

1. Define the word **homeostasis** in your own words.



2. The video clip places a lot of emphasis on the importance of the cell membrane in maintaining **homeostasis** in cells. Based on how you defined the word homeostasis, why is the **cell membrane** so important for maintaining homeostasis?



Your body, which contains billions of cells, must maintain homeostasis. Cells make up tissues in your body. Tissues make up organs in your body. The organs in your body make up different organ systems that have to work together to maintain **homeostasis**. In box #3 and box #4, write how your body would respond in order to maintain homeostasis in the scenarios listed.

You are outside on a very cold day, and you have no coat. You feel very cold!



3.

You went out running on a hot day. After your run, you sit down and feel very warm.



4.

