# Year 10 Science: Thermoregulation: how your body controls its temperature

Name: _____ Date: _____

Try these without your notes first, then check the answer key.

## Practice

1. What is normal human core body temperature, and which part of the brain controls it?

2. Explain how sweating cools the body.

3. Why do your fingers go pale and cold on a frosty morning?

4. Explain why thermoregulation is called negative feedback.

5. A runner's face turns red in a race. Name the process and explain how it helps.

## Fix the mistake

6. Correct this statement: "Sweat cools you down because sweat is cold."

7. Correct this statement: "Shivering warms you up because your muscles rub together and make friction."

8. Correct this statement: "The skin decides when to sweat or shiver."

9. Correct this statement: "Negative feedback means the body's response is bad for it."