What your body does

VOCABULARY PRACTICE

UPPER-INTERMEDIATE | B2

Name: _____ **Date:** _____

1 Match each physiological process with its meaning.

1 homeostasis	____	a transfer of oxygen and carbon dioxide in the lungs
2 thermoregulation	____	b shortening or tension of muscle fibres
3 blood pressure	____	c maintenance of stable internal conditions
4 nutrient absorption	____	d body's roughly 24-hour biological cycle
5 gas exchange	____	e force of circulating blood against vessel walls
6 hormonal regulation	____	f chemical control of body processes by hormones
7 nerve impulse	____	g movement of digested substances into blood or lymph
8 muscle contraction	____	h electrical signal travelling along a nerve cell
9 inflammatory response	____	i control of body temperature
10 circadian rhythm	____	j protective reaction involving immune cells and tissue changes

2 Complete the physiological collocations.

absorption | **exchange** | **impulse** | **pressure** | **response** | **rhythm** | **secrete** | **stability**

1 maintain internal _____

2 regulate blood _____

3 facilitate gas _____

4 improve nutrient _____

5 transmit a nerve _____

6 trigger an inflammatory _____

7 follow a circadian _____

8 _____ a hormone

3 Choose the most precise term for the context.

1 Sweating stabilises core temperature: *thermoregulation / absorption*.

2 Oxygen crosses from air to blood: *gas exchange / contraction*.

3 Insulin controls blood glucose: *hormonal regulation / nerve impulse*.

4 A signal travels along a neuron: *nerve impulse / blood pressure*.

5 Tissue becomes red and swollen after injury: *inflammatory response / homeostasis*.

6 Sleep timing follows a daily cycle: *circadian rhythm / gas exchange*.

7 Intestinal molecules enter blood: *nutrient absorption / thermoregulation*.

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4 Complete the physiology review with terms from the box.

blood pressure | circadian rhythm | gas exchange | homeostasis | hormonal regulation | inflammatory response | muscle contraction | nerve impulse | nutrient absorption | thermoregulation

The body preserves **1** _____ through coordinated feedback. During exercise, **2** _____ increases movement, while each **3** _____ activates fibres. Faster breathing improves **4** _____, and **5** _____ prevents overheating. After food intake, **6** _____ supplies molecules and **7** _____ helps control blood glucose. Injury may trigger an **8** _____. Recovery is influenced by the **9** _____, and changing vessel diameter alters **10** _____.

5 Read the text and answer the questions briefly.

Maintaining blood glucose

After a meal, glucose enters the bloodstream and the pancreas releases insulin. This hormone helps cells take up glucose and encourages the liver to store some of it. Between meals, another hormone promotes glucose release from storage. These opposing actions form a feedback system. If regulation fails, glucose may remain too high or fall too low, affecting energy supply and organ function.

1 What happens to glucose after a meal? _____

2 Which organ releases insulin? _____

3 What two effects does insulin have? _____

4 What happens between meals? _____

5 Why are the hormones described as opposing? _____

6 What may result if regulation fails? _____

6 Rewrite using the expression in capitals.

1 The body keeps its internal conditions stable. **HOMEOSTASIS** ___

2 Heat loss controls core temperature. **THERMOREGULATION** ___

3 Electrical information travels along a neuron. **IMPULSE** ___

4 The tissue reacted protectively to injury. **INFLAMMATORY** ___

OVER TO YOU

Write a **120-150 word** explanation of a feedback process in the human body. Describe the change, receptors, control signals, effectors and outcome.

[ ] Use at least ten target terms. [ ] Explain negative feedback clearly. [ ] Distinguish process from outcome.

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ANSWER KEY

1 Physiological processes

1 **c** 2 **i** 3 **e** 4 **g** 5 **a** 6 **f** 7 **h** 8 **b** 9 **j** 10 **d**

2 Physiological collocations

1 **stability** 2 **pressure** 3 **exchange** 4 **absorption** 5 **impulse** 6 **response** 7 **rhythm** 8 **secrete**

3 Precise terms

1 **thermoregulation** 2 **gas exchange** 3 **hormonal regulation** 4 **nerve impulse**
5 **inflammatory response** 6 **circadian rhythm** 7 **nutrient absorption**

4 Physiology review

1 **homeostasis** 2 **muscle contraction** 3 **nerve impulse** 4 **gas exchange** 5 **thermoregulation**
6 **nutrient absorption** 7 **hormonal regulation** 8 **inflammatory response** 9 **circadian rhythm** 10 **blood pressure**

5 Reading - suggested answers

1 It enters the blood. 2 The pancreas. 3 Cell uptake and liver storage. 4 Stored glucose is released.
5 They move glucose in opposite directions. 6 Glucose becomes too high or low.

6 Rewriting - possible answers

1 This is **homeostasis**. 2 This is **thermoregulation**. 3 A nerve **impulse** travels. 4 There was an **inflammatory response**.

Over to you: Answers will vary. Check feedback logic, precise mechanisms and appropriate terminology.