

Chapter 5

Answers

QUICK-CHECK questions

- 1 **Identify, giving an example, which is more variable: your external environment or the internal environment of your cells.**
The external environment is far more variable than the internal environment. For example, the external temperature can vary over time, with extremely hot weather on one day and very cold conditions the next. In contrast, the internal environment of cells, such as the tissue fluid and the plasma that bathe cells, is normally maintained within narrow limits and so is very stable in a healthy person.
- 2 **List the essential difference between an intra- and an extracellular fluid.**
An intracellular fluid is the cytosol that is contained within the cell membrane and surrounds the nucleus. An extracellular fluid is the tissue fluid and the plasma that is outside cells and bathes their outer membranes.
- 3 **Identify each of the following as intracellular or extracellular:**
 - a **plasma**
Plasma is extracellular because it exists outside cells.
 - b **cytosol**
Cytosol is intracellular because it is contained within cells.
 - c **tissue fluid.**
Tissue fluid is extracellular because it exists outside cells.
- 4 **List up to three substances that can move between the internal fluid compartments of the body.**
The internal fluid compartment of the body comprises tissue fluid, blood plasma and cytosol (see figure 5.4). Many substances can move between these internal fluid compartments including:
 - hormones that are transferred in the blood plasma and then move into the cytosol of target cells
 - glucose (and other nutrients) that can move from the plasma into the cytosol
 - waste products, such as carbon dioxide, that pass from cells into the blood for transport to an excretory organ, such as the lungs for carbon dioxide.
- 5 **Define the term 'homeostasis' using words suitable for a non-biology student.**
'Homeostasis' is the term used to describe the events that take place in the body to counteract a change that has occurred so that the conditions within the body are kept within a narrow range. For example, if too much of a particular hormone (a chemical) is produced within the body, events occur that cause a reduction in the production of that hormone.

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