

Name \_\_\_\_\_

## Balancing Act: How the Excretory System Maintains Homeostasis

### Multiple-Choice Questions

1. What is homeostasis?
  - a) A type of exercise routine
  - b) A process that maintains stable internal conditions
  - c) The body's response to external changes
  - d) A type of medical treatment
  
2. How does the excretory system help regulate water balance in the body?
  - a) By increasing water intake
  - b) By producing more concentrated urine
  - c) By eliminating excess water in the form of dilute urine
  - d) By storing excess water in the bladder
  
3. Which organ in the excretory system is primarily responsible for regulating electrolyte and salt balance?
  - a) Skin
  - b) Lungs
  - c) Kidneys
  - d) Liver
  
4. How does the excretory system help maintain the body's pH level?
  - a) By increasing the intake of acidic foods
  - b) By retaining hydrogen ions in the bloodstream
  - c) By excreting excess hydrogen ions in urine
  - d) By balancing blood sugar levels
  
5. What is the main function of the excretory system concerning waste products?
  - a) Producing waste products
  - b) Retaining waste products in the bloodstream
  - c) Filtering waste products out of the blood and excreting them in urine
  - d) Storing waste products in the bladder

