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Crash Course Biology #50: Biology and You: The Dr. Sammy Show

Name: _____ Date: _____

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1. Through constant tweaking, your molecular machinery strives for _____, a steady state that allows life to keep living.
2. A rush of chemical messengers called _____ helps manage stress by triggering bodily responses.
3. A body stuck in stress mode is more likely to get _____.
4. You can help turn off stress mode by getting enough _____, _____, and time with supportive friends.
5. Two organisms in the same food web that compete for the same resource share the same _____.
6. Enzymes are a type of _____ that speed up chemical reactions.
7. Lipases are enzymes that break apart _____, while amylases break down _____.
8. Water is often referred to as "The _____" because of its powerful dissolving properties.
9. The traits that organisms pass down are shaped by the process of _____.
10. Humans have selectively bred plants like cotton for desirable traits for over _____ years.
11. Some clothing materials are made using a red pigment called _____, produced by insects.
12. Evolution occurs in _____ over many generations, not in individual organisms.
13. Many of your cells are constantly being _____ and replaced throughout your lifetime.
14. The elements in your body trace back to long-ago _____ explosions.
15. The study of biology helps us understand our connection to all of _____.

Crash Course Biology #50: Biology and You: The Dr. Sammy Show – KEY

1. Through constant tweaking, your molecular machinery strives for *homeostasis*, a steady state that allows life to keep living.
2. A rush of chemical messengers called *hormones* helps manage stress by triggering bodily responses.
3. A body stuck in stress mode is more likely to get *sick*.
4. You can help turn off stress mode by getting enough *sleep, exercise*, and time with supportive friends.
5. Two organisms in the same food web that compete for the same resource share the same *niche*.
6. Enzymes are a type of *protein* that speed up chemical reactions.
7. Lipases are enzymes that break apart *fats*, while amylases break down *starches*.
8. Water is often referred to as "The *Solvent*" because of its powerful dissolving properties.
9. The traits that organisms pass down are shaped by the process of *evolution*.
10. Humans have selectively bred plants like cotton for desirable traits for over *5,000* years.
11. Some clothing materials are made using a red pigment called *cochineal*, produced by insects.
12. Evolution occurs in *populations* over many generations, not in individual organisms.
13. Many of your cells are constantly being *replaced* throughout your lifetime.
14. The elements in your body trace back to long-ago *star* explosions.
15. The study of biology helps us understand our connection to all of *life*.

15 Questions

Answer Key Included

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