

These are the errors that appear year after year in examiner reports. Knowing *what not to write* is just as important as knowing what to write. ★ marks Higher Tier only. Every mistake here has cost students marks in real exams.

Homeostasis and Kidney Function

■ **Students often write:** *"ADH makes you urinate more."*

✓ **Correct answer:** ADH (antidiuretic hormone) does the OPPOSITE — it makes the kidney reabsorb MORE water, producing LESS urine (smaller volume, more concentrated). ADH is released when you are dehydrated.

■ **Examiner insight:** ADH = Anti-Diuretic Hormone. Anti = against. Diuretic = making you urinate. ADH prevents excessive urination by reabsorbing water. Dehydrated → more ADH → less urine.

■ **Students often write:** *"The kidney produces insulin to control blood glucose."*

✓ **Correct answer:** Insulin is produced by BETA CELLS in the PANCREAS. The kidney regulates water balance and removes urea from blood. These are completely different organs with different functions.

■ **Examiner insight:** Pancreas = insulin and glucagon (blood glucose). Kidney = water balance, urea removal, ion regulation. Common confusion due to both being "control" organs.