

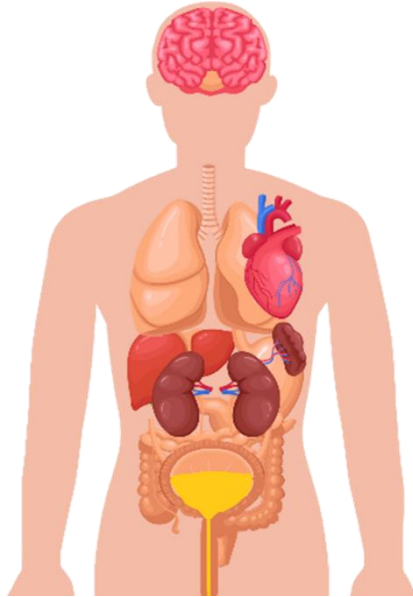
# Kids and Kidney Health Activity Sheet

Name: \_\_\_\_\_

---

**You have two kidneys. Each is the size of your fist and located in your lower back on either side of the spine.**

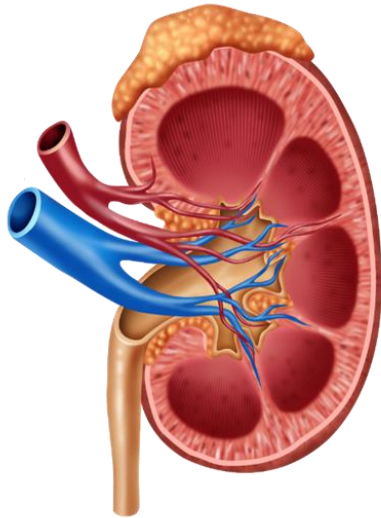
**Kidneys get rid of waste and recycles what it can use. They keep water, sodium, potassium, calcium and more at the right levels in the body.**



## Fill in the Blank!

**Use these words to finish the sentences below: fried, failure, healthy, sodium, water, fruits, transplanted, vegetables, dialysis and active**

**When kidneys stop working, it is called kidney \_\_\_\_\_.  
When the kidneys fail people go on \_\_\_\_\_ or receive a \_\_\_\_\_ kidney. Luckily, there are ways to help keep your kidneys \_\_\_\_\_. Drink \_\_\_\_\_ and eat right by using Canada's food guide. Choose many colourful \_\_\_\_\_ and \_\_\_\_\_ to eat. Also, try and avoid \_\_\_\_\_ foods, or foods high in \_\_\_\_\_. Keeping fit and \_\_\_\_\_ is also a good way to stay healthy.**



---

**Each kidney is made of millions of tiny tubes. As blood enters the kidney it goes through these tubes, which filters out water and waste. This waste passes through the ureters and is stored in the bladder as urine before leaving the body.**

---

## True or False?

- 1) Your kidneys help control several body functions.  
T / F**
- 2) You need two functioning kidneys to live.  
T / F**
- 3) Kidneys remove waste and extra water from the blood to make pee.  
T / F**
- 4) The kidneys make 1-2 litres of urine a day.  
T / F**
- 5) Only the elderly go into kidney failure.  
T / F**

