

Kids and Kidney Health Activity Sheet

Answer Key!

Fill in the Blank!

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

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 urine.
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

Word Search

J	A	X	W	N	E	P	H	R	O	N	S	B	P	W
A	P	P	I	L	U	R	E	M	O	L	G	S	A	R
U	H	S	T	L	U	R	E	T	E	R	S	S	E	T
S	E	E	J	E	F	Z	I	Q	L	K	T	H	T	
I	A	T	P	O	R	E	H	N	L	E	L	E	N	R
S	R	E	R	A	G	I	R	L	E	I	A	A	Z	E
Y	T	B	Y	C	B	R	E	I	F	L	L	U	S	D
L	M	A	U	T	P	E	T	S	T	P	H	B	P	D
A	U	I	I	I	M	T	G	H	S	O	L	L	Z	A
I	I	D	F	V	C	A	A	N	M	O	N	O	W	L
D	D	E	E	I	A	W	A	U	O	S	D	E	A	B
O	O	J	R	T	N	R	K	D	X	L	S	H	A	E
M	S	L	N	Y	T	N	O	I	T	A	N	O	D	L
E	Q	Q	D	J	X	O	K	I	D	N	E	Y	S	U
H	G	I	F	T	E	L	C	Y	C	E	R	K	G	J

Kidney Maze

