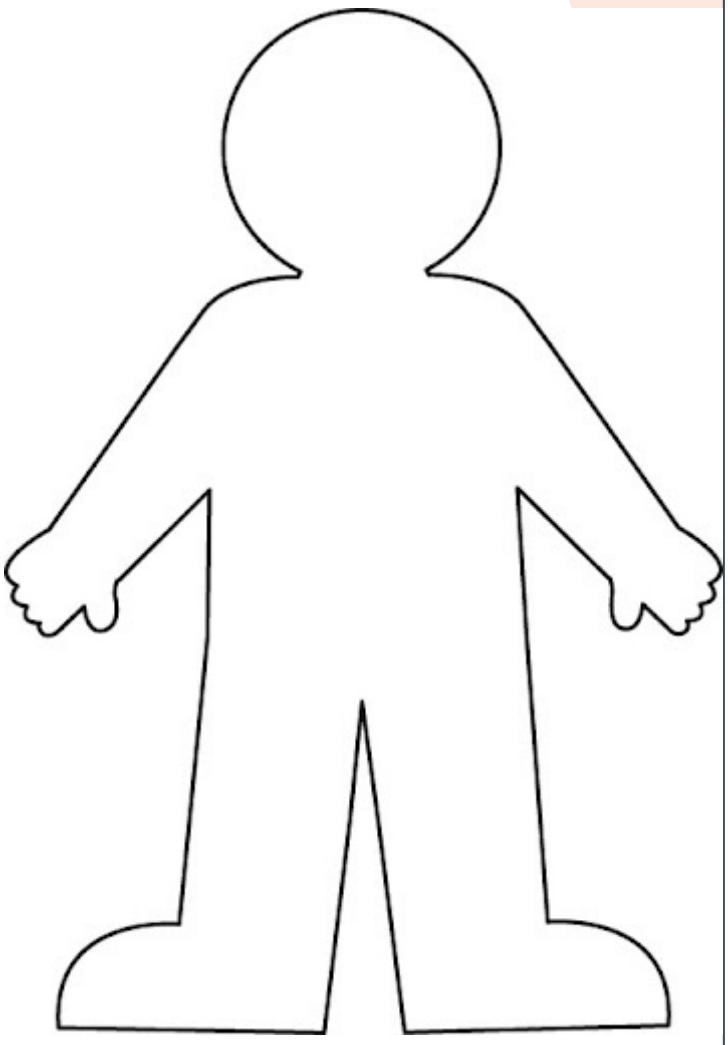
Lesson 5: Kidneys

Worksheet 1 of 2

Use the picture provided to draw the kidneys. Then with your classmates or your family, discuss what you know about the kidneys. To help you get started, we have provided some topic ideas below.

- What do the kidneys do?
- Where are the kidneys located?
- How many kidneys does a person have?
- What shape are the kidneys?
- What happens when your kidneys are sick or not working properly?



Student Impressions

Lesson 5: Kidneys

Worksheet 2 of 2

Choose the correct answer for each statement.

1. _____ is a disease that can severely damage a persons kidneys.

2. The kidneys turn liquid waste into _____.

3. The kidneys filter toxins and other harmful elements from the _____ .

4. There are two kidneys located on each side of the body towards the _____.

5. On top of filtering your blood, the kidneys also balance _____.

6. When your kidneys are not working properly and you do not have enough fluid in your body, you are experiencing _____ .

A. Urine
B. Dehydration
C. Blood
D. Back
E. Body Fluid
F. Diabetes

Complete the Water Chart Activity included in this lesson.

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Water Chart Activity

Drinking enough water is essential in order to keep your kidneys healthy. Water makes up more than half of your body weight and when your body doesn't have enough water your organs cannot do their jobs correctly. The kidneys especially need water in order flush out all of the liquid waste in your body. In order to work properly, your body needs 7-9 cups (8 oz glasses) of water everyday.

Use the water chart below to see how many ounces of water you are drinking everyday. You can do this for 3-10 days and then discuss your findings with your class or your family.

WATER CHART	OZ OF WATER PER DAY
Day 1 ○	
Day 2 ○	
Day 3 ○	
Day 4 ○	
Day 5 ○	
Day 6 ○	
Day 7 ○	
Day 8 ○	
Day 9 ○	
Day 10 ○	