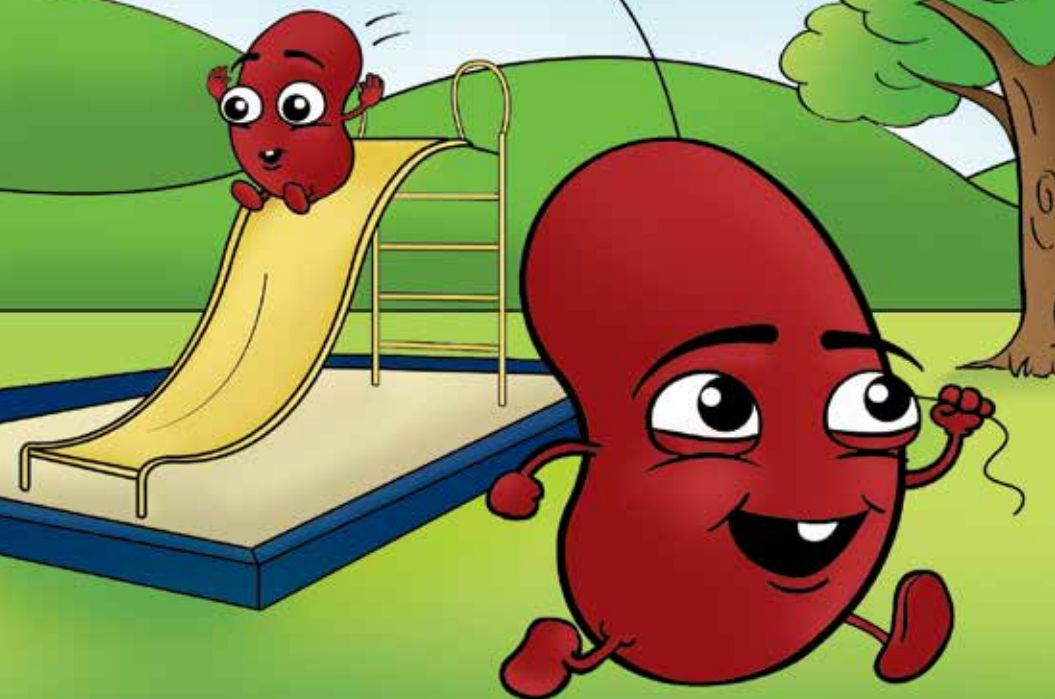


KIDNEY HEALTH ACTIVITY BOOK



KIDNEY WORD SEARCH

Can you find all the kidney related terms at the bottom in the wordsearch?

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

KIDNEYS

URINE

WATER

WASTE

MINERALS

CLEAN

SALT

DIABETES

BLOODSUGAR

BLOODPRESSURE

MEDICINE

DOCTOR

HEALTHY

ACTIVE

FORCE

DISEASE

YELLOW

CLEAR

VEGETABLES

FILL IN THE BLANKS

It's time for facts! Let's see if you can use the words that you found in the word search to fill in the blanks.

Paragraph 1 uses the words: **minerals, waste, kidneys, clean, water, urine, yellow** and **clear**. Can you find where they fit?

Our bodies have two _____ which _____ our blood.

When we eat and drink, _____ are used by our bodies and _____ is made. _____ is the combination of extra minerals, waste and _____ that leaves the body. Our pee should look _____ or pale _____.

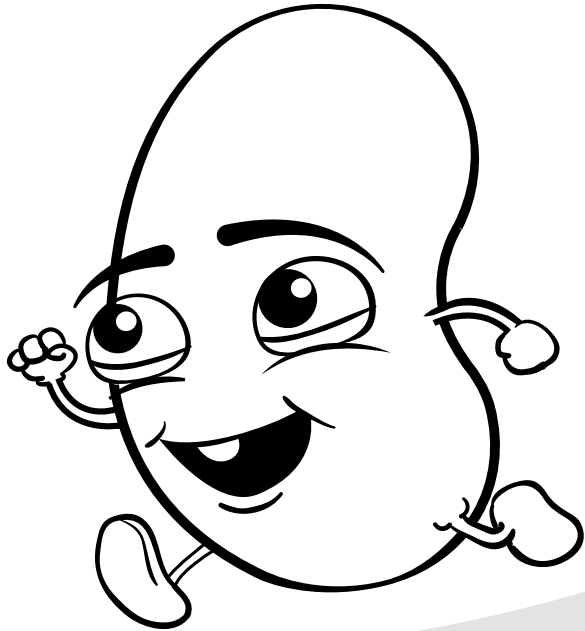
Paragraph 2 uses the words: **blood pressure, force, diabetes, blood sugar** and **doctor**.

Once a year we should see our _____ for a check-up. The doctor should check our _____ using an inflatable sleeve that goes around our arms. Blood pressure is the _____ which pushes on the tubes in our body that carry our blood. Our doctor may also check for _____ which is a condition where there is too much sugar in our blood. High _____ and high blood pressure can make the kidneys' job harder.

Paragraph 3 uses the words: **kidneys, disease, healthy, medicine, diabetes, vegetables, doctors** and **active**.

When kidneys are not able to do their job well, it is called kidney _____ . We try to keep kidneys _____ in lots of ways. We try to eat _____ and be _____. If we have _____ we are careful about our blood sugar levels. Sometimes we might need _____ for our kidneys. Even though we try really hard, our _____ might still have some problems. But _____ can help us.

Answers on page 8.



WHAT DO YOU KNOW ABOUT KIDNEY DISEASE?

1. How many kidneys does the human body have?

- a) 1
- b) 2
- c) 3
- d) 40,000

2. Your kidneys make urine by filtering what out of blood?

- a) water
- b) waste
- c) extra minerals
- d) all of the above

3. When your kidneys have problems, it is called?

- a) kidney supercalifragilisticexpialidocious
- b) kidney disease
- c) kidney illness
- d) kidney condition

4. True or false: eating healthy foods helps your kidneys stay healthy?

- a) true
- b) false

5. Healthy pee should look...

- a) cloudy
- b) rainbow
- c) pale yellow or clear
- d) like monkeys

6. True or false: it is important to be active.

- a) true
- b) false

7. True or false: playing hide-and-seek, throwing a ball around, or playing tag are good ways to keep active.

- a) true
- b) false

8. When you go to your doctor, he or she may check:

- a) the weather
- b) what your favourite television show is
- c) your blood sugar and blood pressure
- d) none of the above

9. What are other ways to help your kidneys stay healthy?

- a) don't smoke cigarettes
- b) read food labels to find low sodium, fat and sugar foods
- c) see my doctor every year for a check up
- d) all of the above

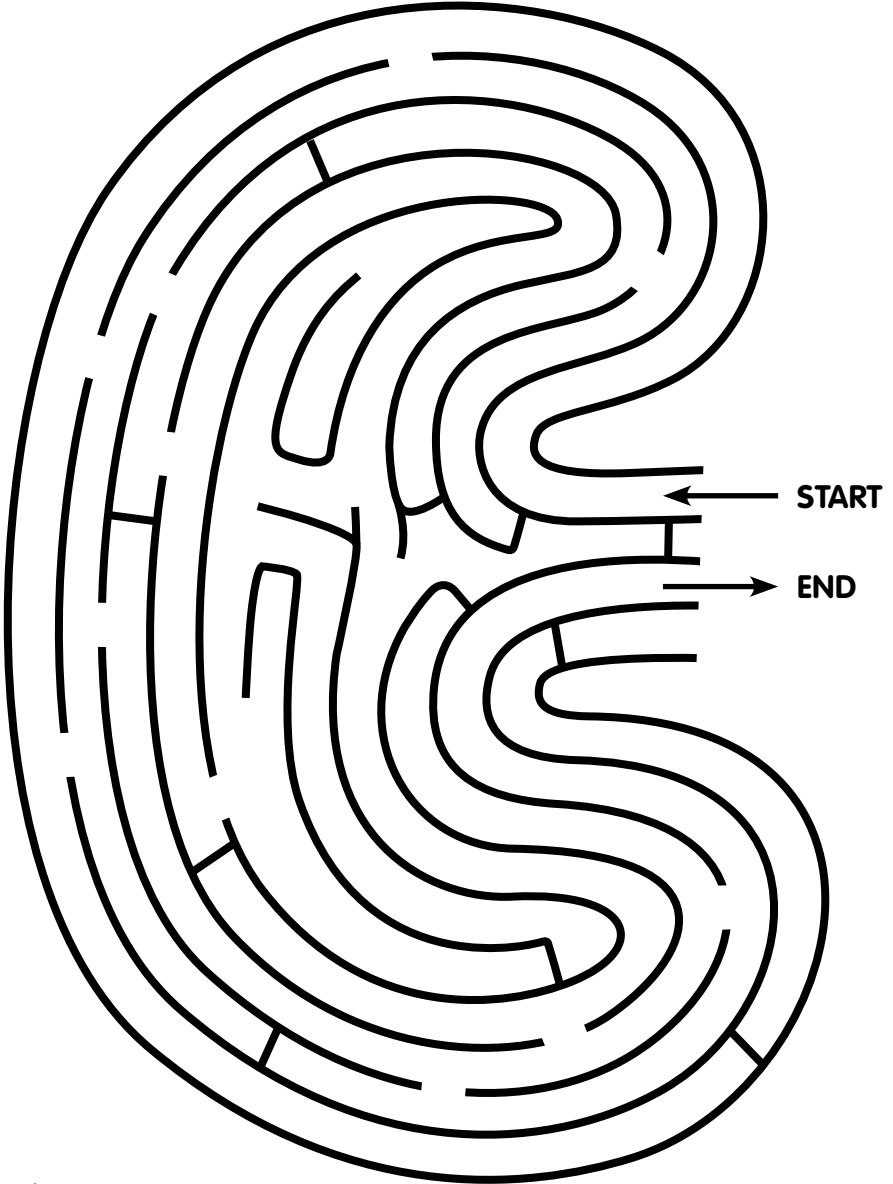
10. True or false: there are doctors who have special training to provide medical care for kidneys.

- a) true
- b) false

How do you think you did? Check your answers on page 8.

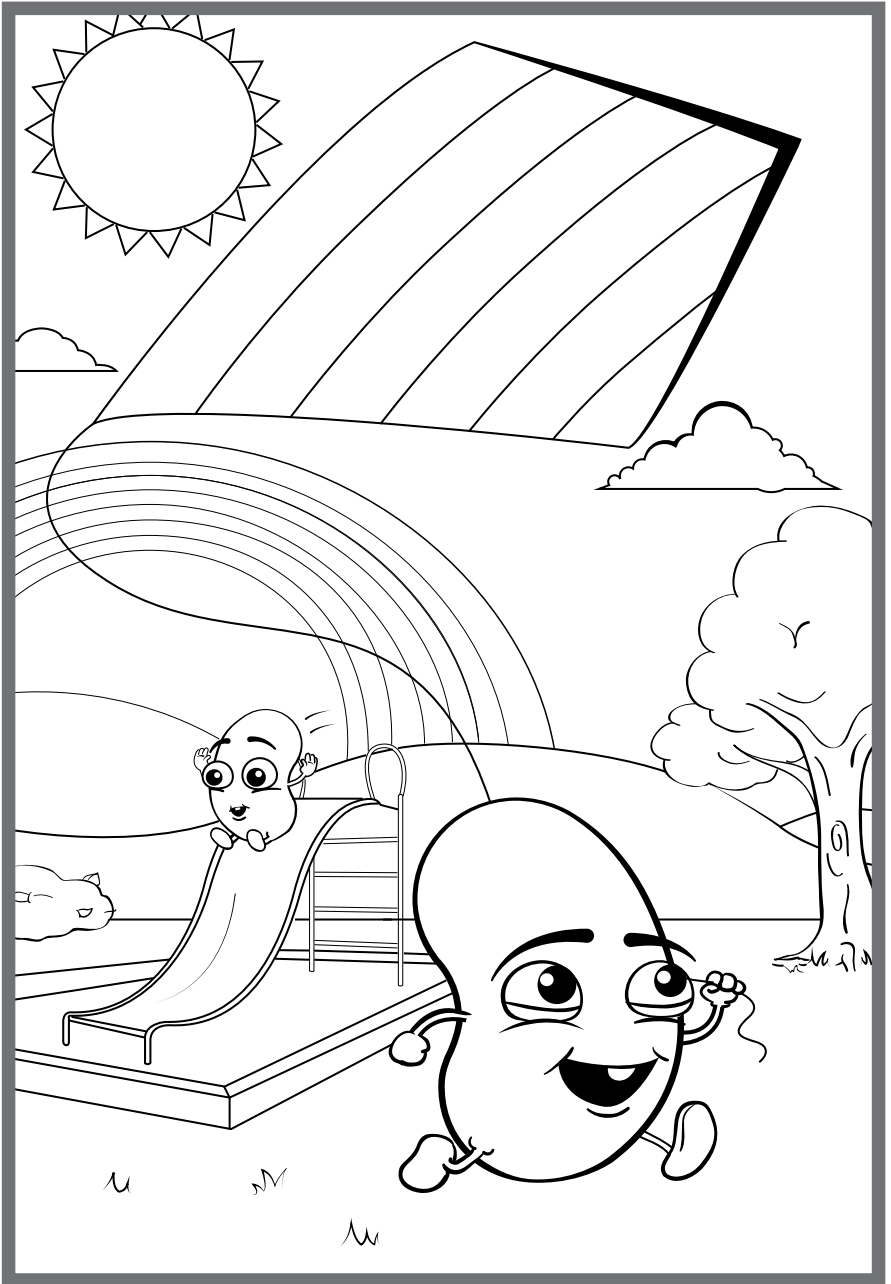
THE A-MAZE-ING KIDNEY!

Go in the start of the kidney-shaped maze and see if you can find your way to the end!



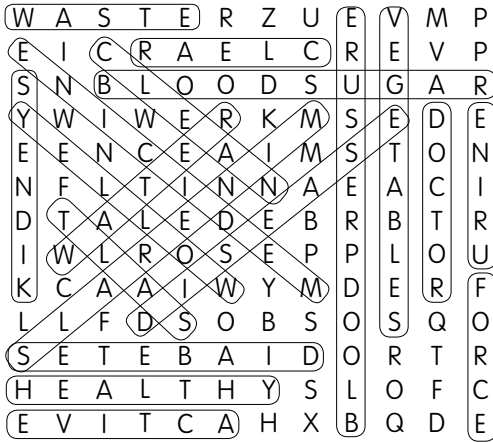
Solution on page 8.

DO YOU LIKE TO COLOUR?

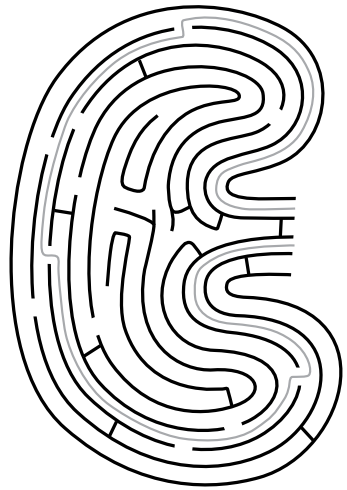


ANSWERS

WORD SEARCH



MAZE



FILL IN THE BLANKS (In order)

Paragraph 1: kidneys, clean, minerals, waste, urine, water, clear, yellow.

Paragraph 2: doctor, blood pressure, force, diabetes, blood sugar.

Paragraph 3: disease, healthy, vegetables, active, diabetes, medicine, kidneys, doctors.

QUIZ ANSWERS

1. b 2. d 3. b 4. a 5. c 6. a 7. a 8. c 9. d 10. a

