

Name:

Date:

Your Kidneys: The Body's Cleaning Team

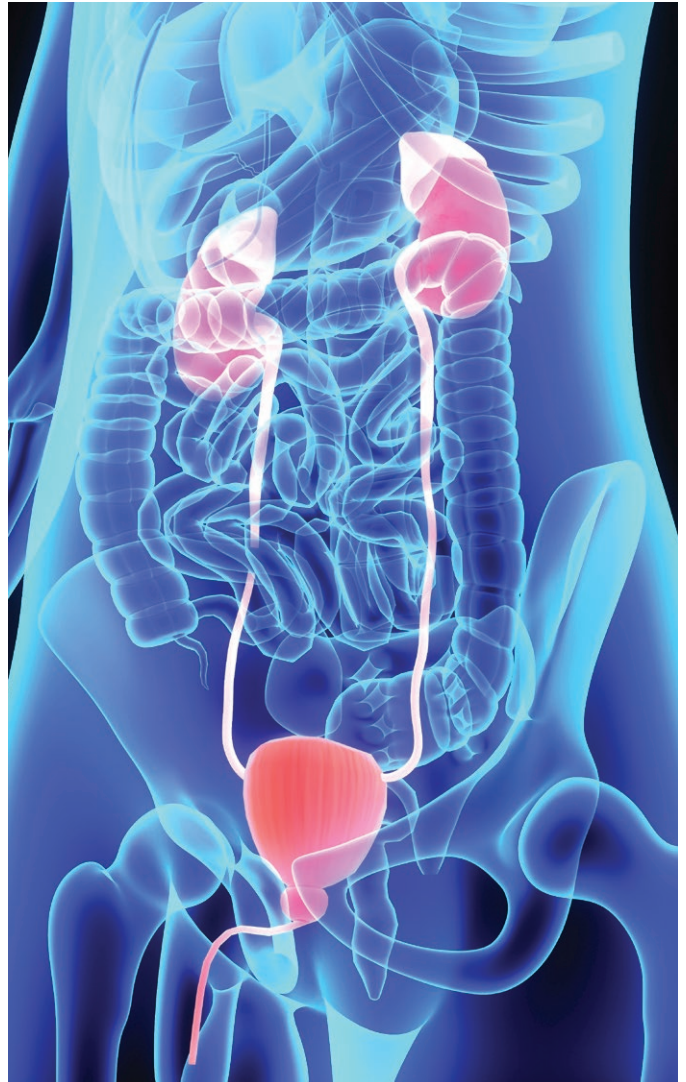
Imagine having a cleaning team inside your body that works all day and night. Your kidneys do just that! These two bean-shaped organs are located toward the back of your body, below your ribs. Each kidney is about the size of a fist. Their main job is to filter your blood, removing waste and extra water that your body does not need.

Blood travels to the kidneys through blood vessels. Inside each kidney are about a million tiny filtering units called nephrons. Nephrons separate useful substances from waste. The things your body still needs stay in the blood, while waste and extra water are used to make urine.

After urine is made, it travels from each kidney through a thin tube called a ureter. The ureters carry urine to the bladder, where it is stored. When the bladder becomes full, urine leaves the body through another tube called the urethra.

Your kidneys do more than remove waste. They also help your body keep the right balance of water and minerals. This balance is important because your cells need the correct amount of water and minerals to work properly.

Drinking enough water helps your



kidneys do their job. Healthy foods and regular physical activity are also good for your body and kidneys. Your kidneys may be small, but they perform an important job every minute of the day. By cleaning your blood and balancing fluids, they help keep your whole body working properly!

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Comprehension Questions

1. Where are the kidneys located?

2. What is the main job of the kidneys?

3. What shape are the kidneys?

4. What are nephrons?

5. What do the kidneys remove from the blood?

6. What is urine made from?

7. What tubes carry urine from the kidneys to the bladder?

8. What is the job of the bladder?

9. Besides removing waste, what else do the kidneys help balance?

10. Name three ways you can help keep your kidneys healthy.

ANSWER KEY

Comprehension Questions

1. Where are the kidneys located?

The kidneys are located toward the back of the body, below the ribs.

2. What is the main job of the kidneys?

Their main job is to filter the blood and remove waste and extra water.

3. What shape are the kidneys?

The kidneys are bean-shaped.

4. What are nephrons?

Nephrons are tiny filtering units inside the kidneys.

5. What do the kidneys remove from the blood?

The kidneys remove waste and extra water from the blood.

6. What is urine made from?

Urine is made from waste and extra water removed from the blood.

7. What tubes carry urine from the kidneys to the bladder?

The ureters carry urine from the kidneys to the bladder.

8. What is the job of the bladder?

The bladder stores urine until it leaves the body.

9. Besides removing waste, what else do the kidneys help balance?

The kidneys help balance water and minerals in the body.

10. Name three ways you can help keep your kidneys healthy.

Possible answers include drinking enough water, eating healthy foods, and getting regular physical activity.