

**Alavi**

**21st Century Schools**

A large red speech bubble graphic with a tail pointing to the right, containing the text "Session 15".

# Session 15

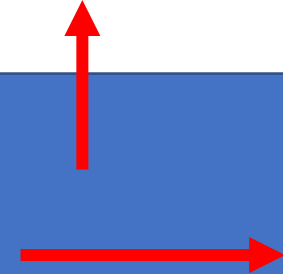


# Watch a video and answer these questions.

1. How many kidney do humans have?
2. How many kidneys do humans **need** to be alive?

3. How **long** are the kidneys?

4. How **wide** are the kidneys?

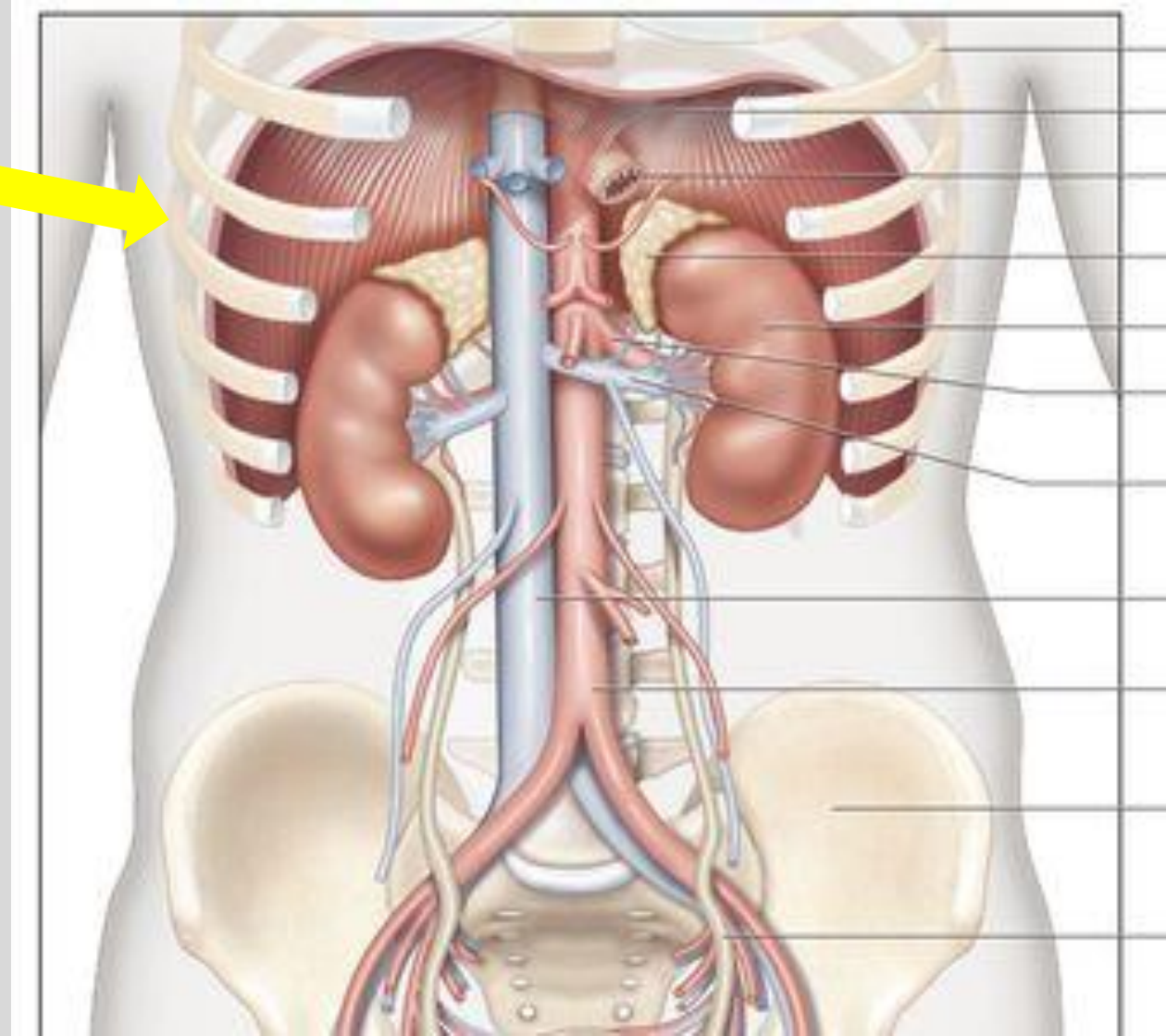


5. The kidneys keep the ..... level in your body balanced.



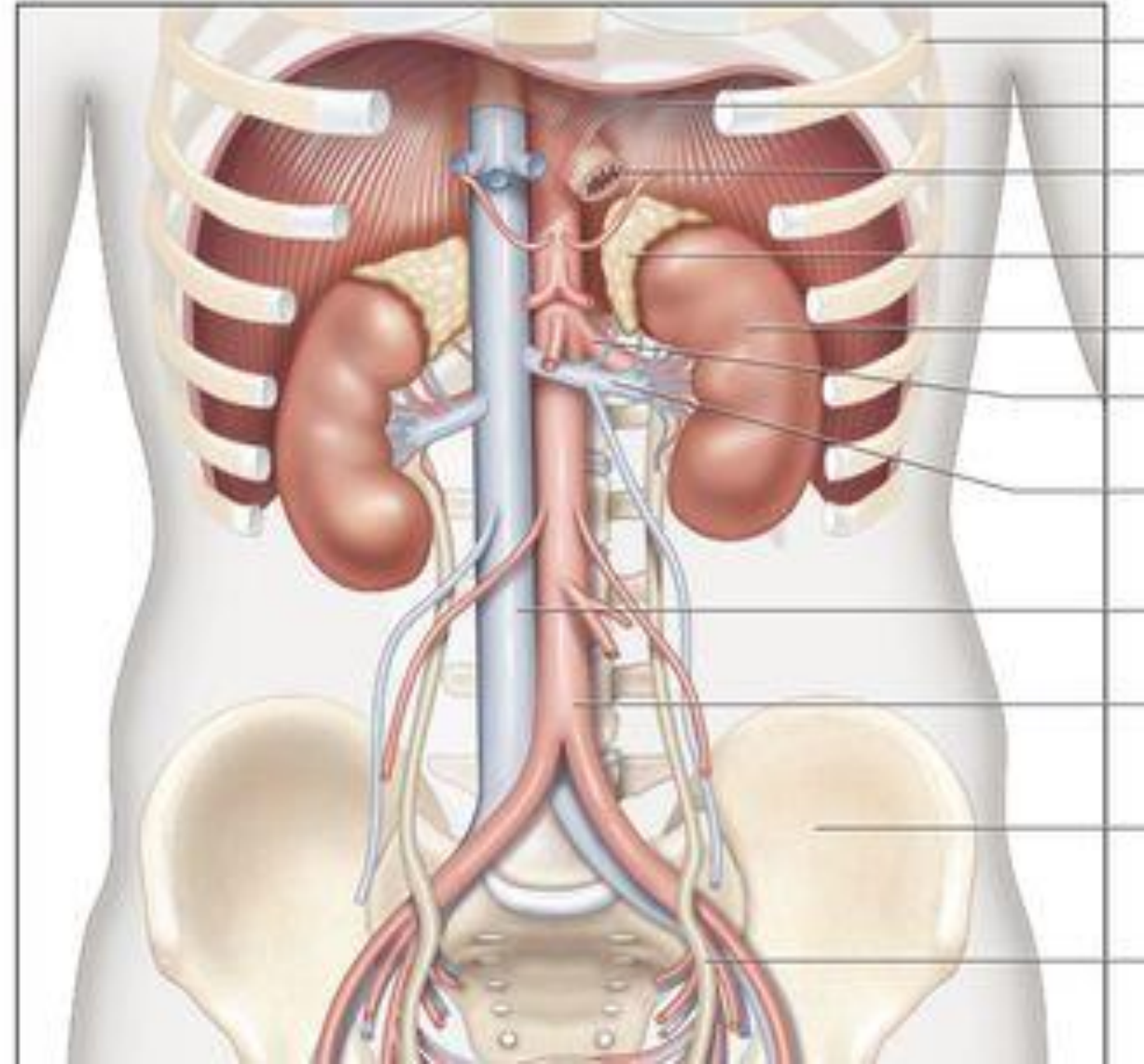
# Where are the **kidneys**?

Kidneys are below the **rib cage** at the back of the body.



# What do **kidneys** look like?

They are **bean-shaped** organs.  
In an adult they are the size  
of a computer mouse.



# What do the **kidneys** do?

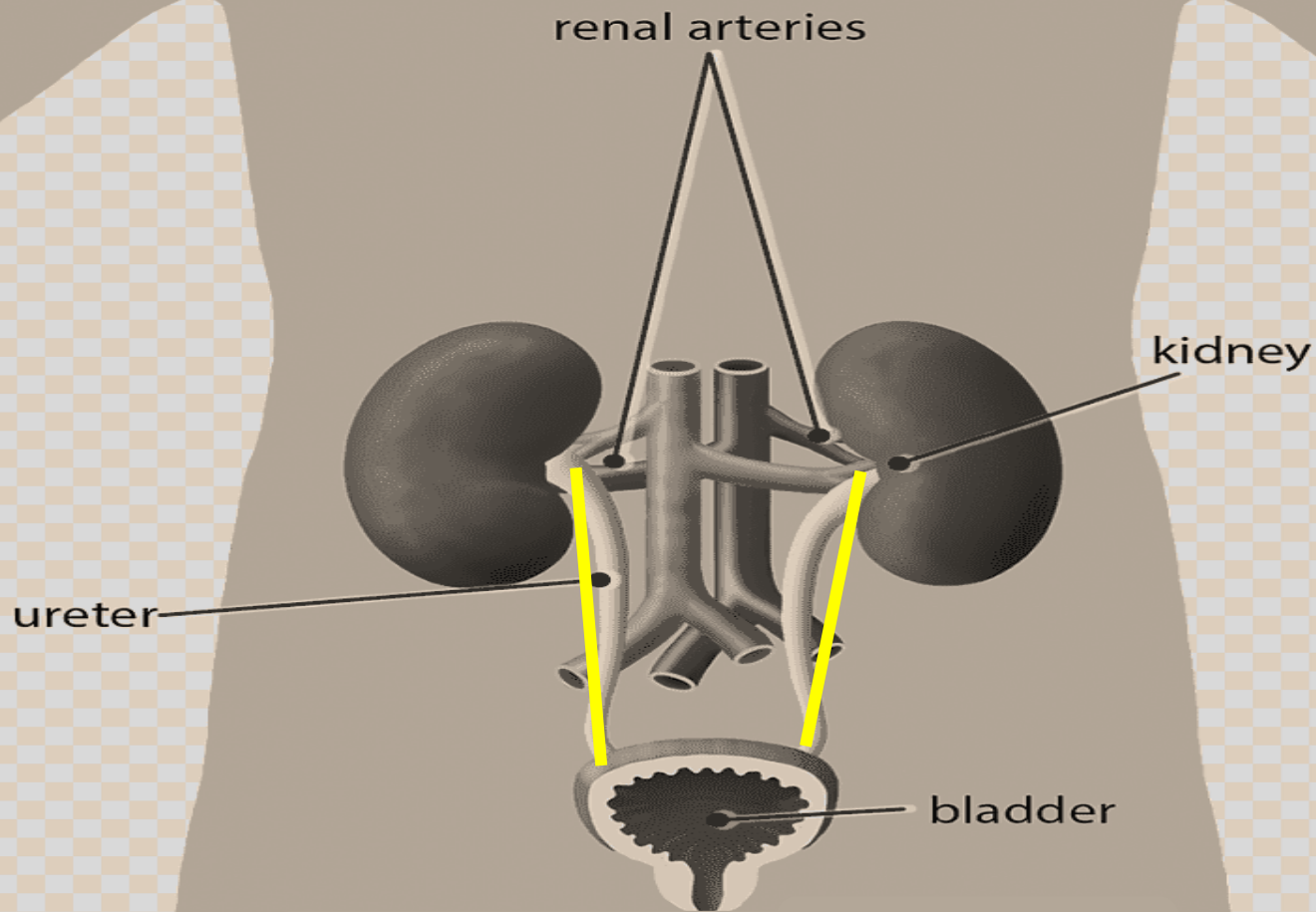
Standard Filter



Kidneys **filter the blood** and remove **waste products** and **excess water** (more than needed) from the body.

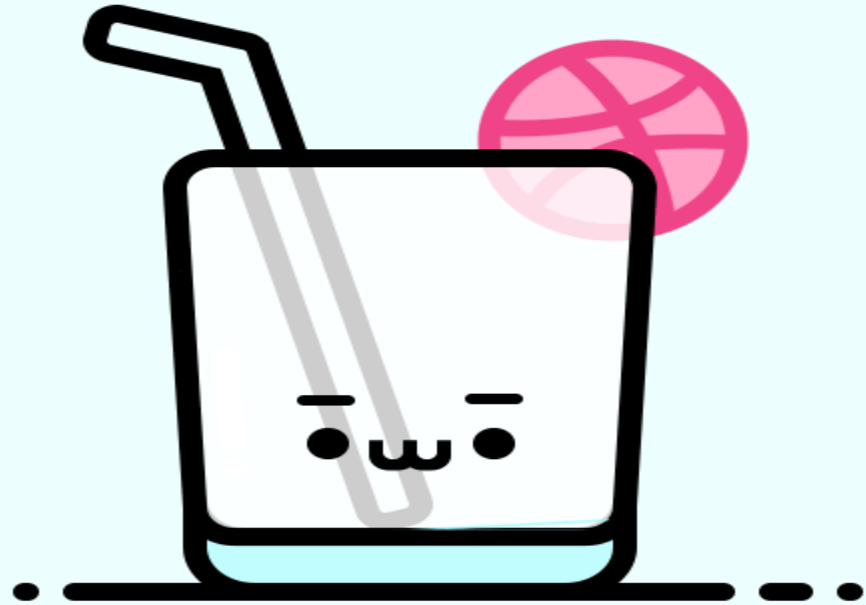


The process of removing waste products is called "**excretion**". The kidneys **excrete**(=**separate**) the waste which is a yellow liquid called "**urine**". When we go to the toilet, **urine** leaves our body.



# How much water does our body need?

Our body needs  
6 to 8 glasses of  
water a day.



Kidneys are below the ... at  
the ... of the body.

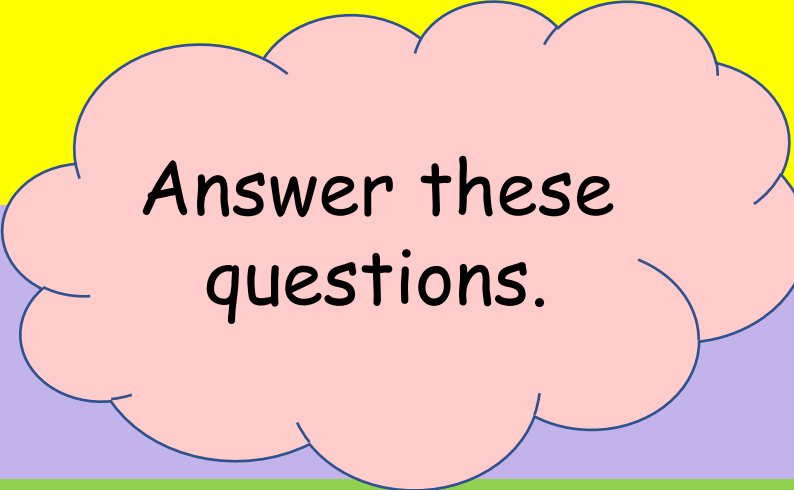
They are ...-shaped organs.  
In an adult they are the size of a ...

Kidneys (1) filter ...  
and  
(2) remove ... and ....

Our body needs  
... glasses of  
water a day.

The process of removing waste products is called "...".  
The kidneys **excrete** the waste which is a yellow liquid called "...".  
When we go to the toilet, ... leaves our body.

Where are the kidneys?



Answer these questions.

What do kidneys look like?

What do the kidneys do?

What is "excretion"?

What is "urine"?

How much water does our body need?

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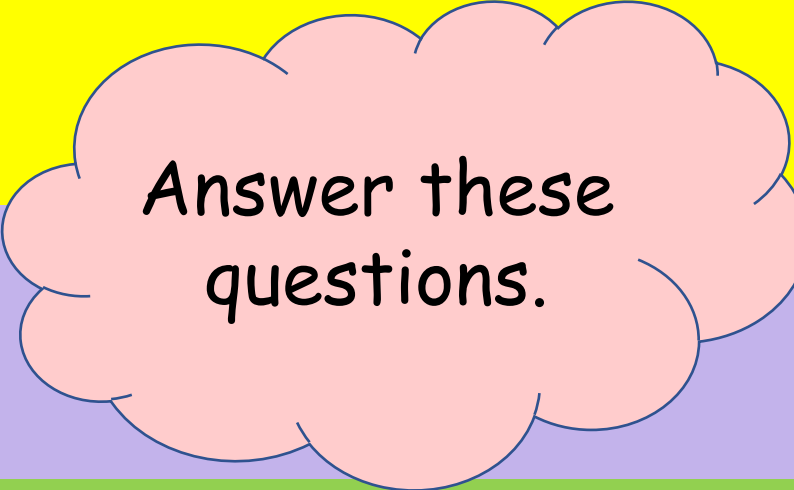
A large red speech bubble with a tail pointing to the right, containing the text "Sessions 16/17".

Sessions

16/17



Where are the kidneys?



Answer these questions.

What do kidneys look like?

What do the kidneys do?

What is "excretion"?

What is "urine"?

How much water does our body need?



# Which sentence is true?

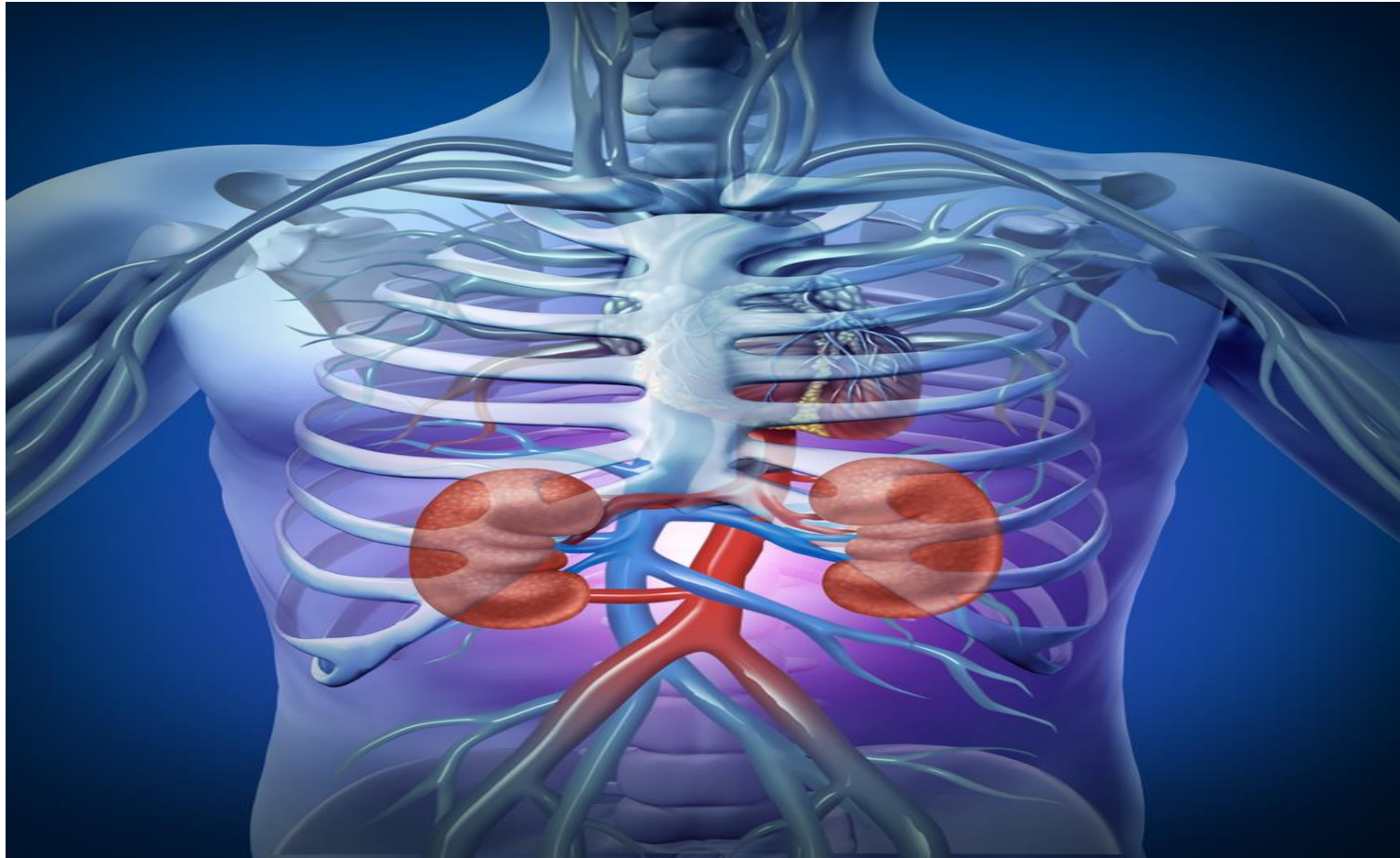
1. Our body needs 2 kidneys to work.

2. Our body can work with one kidney.



If your kidney stops working because of disease,  
doctors **can** remove one of them.

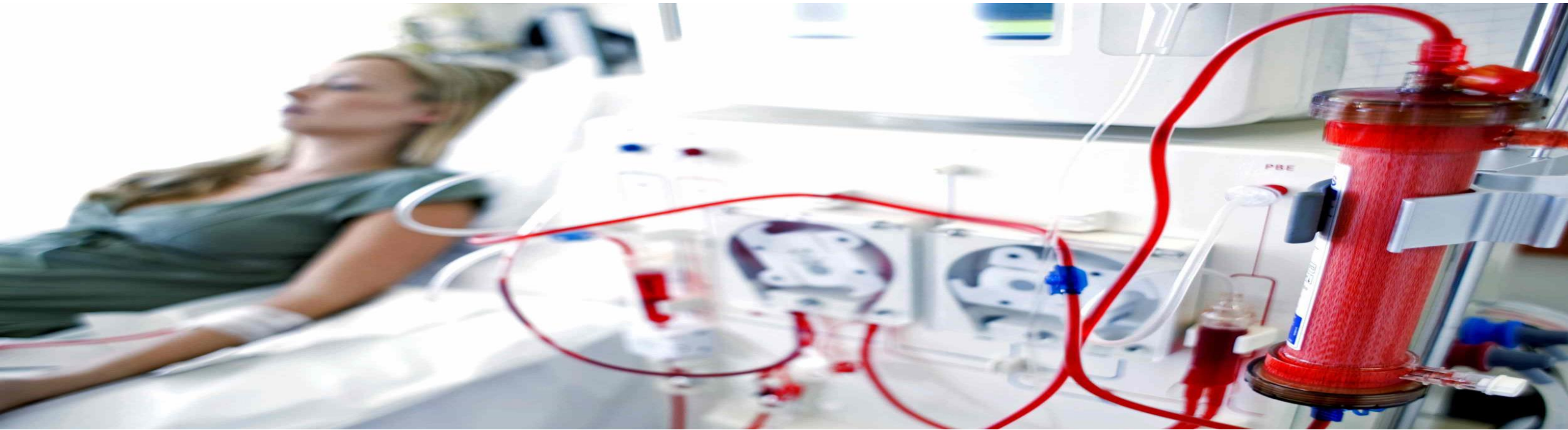
Your body can work well with one kidney.




Some people don't have healthy kidneys.  
They need to go on a machine that acts like  
a kidney.



This machine filters and cleans the blood.  
This is called **dialysis**.



How many times does a person need dialysis?  
and how long does dialysis take?

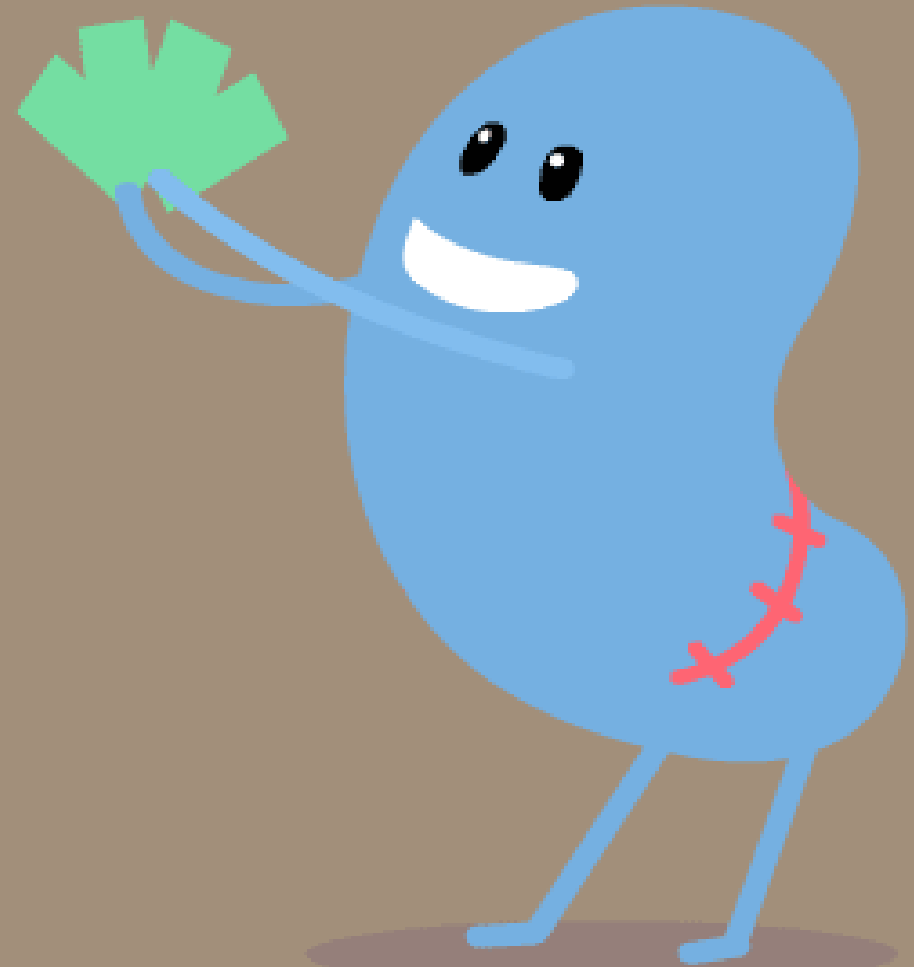


3 days a week

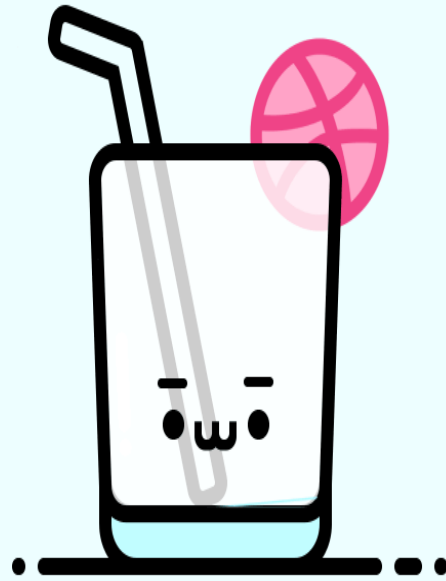


several hours

# How to have healthy kidneys?



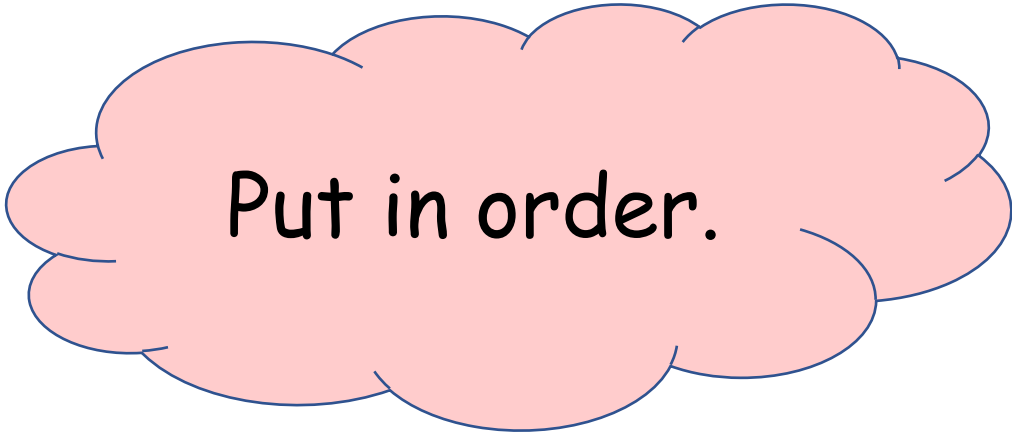
Exercise  
daily!



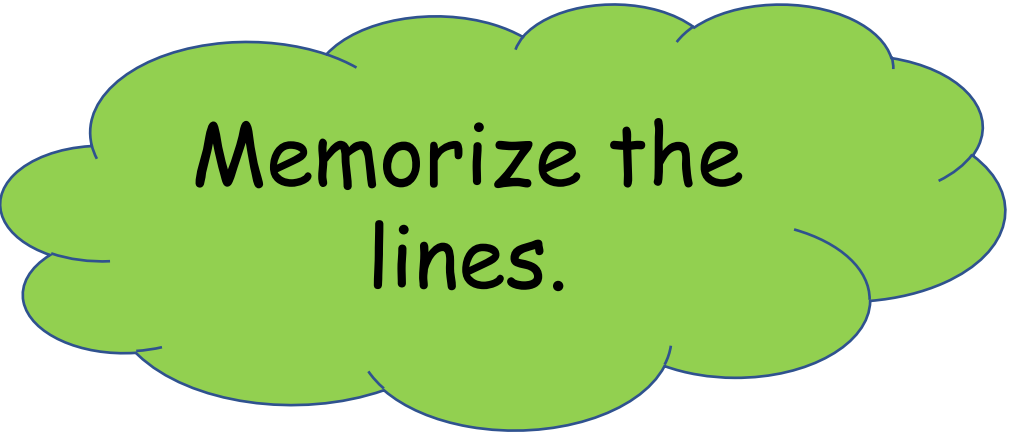
Drink 6-8  
glasses  
of water!

Eat less  
salt and  
fat!



A pink, cloud-like shape with a blue outline, containing the text "Put in order."

Put in order.

A green, cloud-like shape with a blue outline, containing the text "Memorize the lines."

Memorize the lines.

1. Some people don't have healthy kidneys.

2. It acts like a kidney.

3. It filters and cleans the blood.

4. They need to go on a machine.

5. It's called dialysis.

6. Our body can work well with one kidney.



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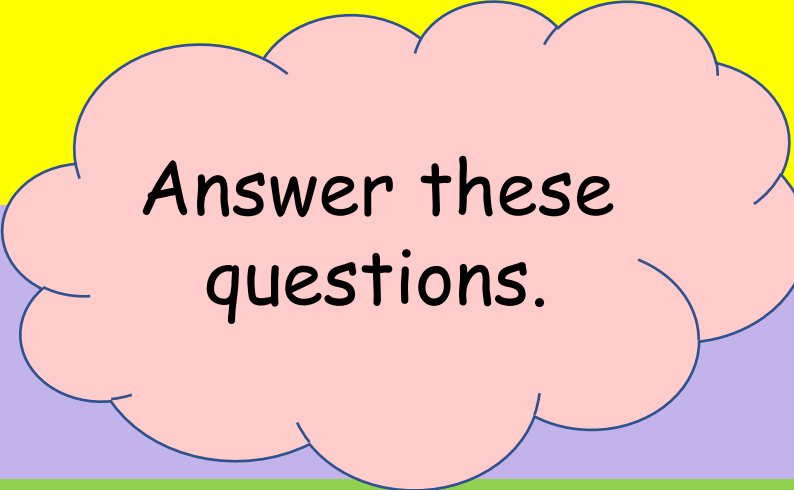
**21st Century Schools**

A large red speech bubble graphic with a tail pointing to the right, containing the text "Session 18".

# Session 18



Where are the kidneys?



Answer these questions.

What do kidneys look like?

What do the kidneys do?

What is "excretion"?

What is "urine"?

How much water does our body need?



Answer the  
questions.

1. Where are the kidneys?
2. What do kidneys look like?
3. What do the kidneys do?
4. What is "excretion"?
5. What is "urine"?
6. How much water does our body need?
7. What's the machine that people need when their kidneys stop working?
8. How many times a week does a person need this machine?



