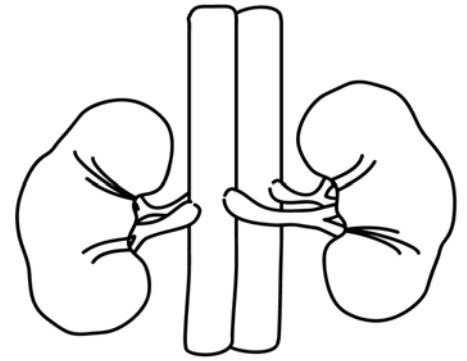


Name: _____

Your Kidneys

by Cynthia Sherwood

Many kids have moms or dads who clean up after them. But did you know that you have body parts that clean up after you too? Your two kidneys are very important organs in your body. Without them, you could not survive. They clean your blood and get rid of waste that your body produces.



To find your kidneys, slide your hands up from your hips until you feel your ribs. Then put your thumbs on your back. You cannot feel them, but that is where your kidneys are located. Each is about the size of your fist and has a funny shape. Kidney beans were named after them because they have the same shape.

The main job of the kidneys is to filter your blood for anything your body does not need. The kidneys make this waste into urine, which is then sent to your bladder. The bladder is like a storage pouch that can expand. When your bladder starts getting full, you feel the urge to go to the bathroom.

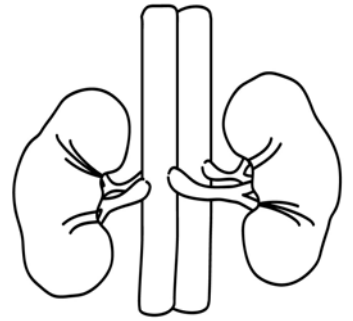
Sometimes, the kidneys do not work like they should. People usually can survive on only one kidney, so long as it is healthy. If only one kidney becomes very sick, a doctor can remove it. Other people need a special machine to clean the blood. This is called dialysis (di-a-li-siss.) Sometimes, people need a kidney transplant. That is when another person donates a kidney to be put in the sick person's body.

Keeping your kidneys healthy is easy for most kids. Just pay attention to when you feel thirsty and drink up!

Name: _____

Your Kidneys

by Cynthia Sherwood



1. Where are your kidneys located?

2. How big is a kidney?

3. How do your kidneys help your blood?

4. Which is the best synonym for the word filter?

a. clean

b. create

c. blood

d. fill

5. What is your bladder?

6. What three things can doctors do for a person whose kidneys do not work properly?

a. _____

b. _____

c. _____

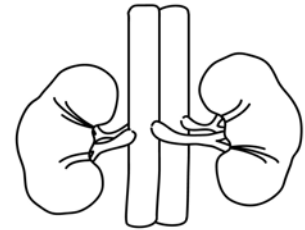
ANSWER KEY

Your Kidneys

by Cynthia Sherwood

1. Where are your kidneys located?

on your lower back



2. How big is a kidney?

about as big as your fist

3. How do your kidneys help your blood?

they filter your blood and remove things your body does not need

4. Which is the best synonym for the word filter? a

a. clean

b. create

c. blood

d. fill

5. What is your bladder?

a storage pouch that holds urine

6. What three things can doctors do for a person whose kidneys do not work properly?

a. They can remove a kidney (because you only need one).

b. They can use a machine to clean the blood (dialysis).

c. A new kidney can be transplanted into the sick person's body.