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

KIDNEYS
URINE
WATER
WASTE
MINERALS

FILTER
SALT
DIABETES
BLOODSUGAR
BLOODPRESSURE

FORCE
FAILURE
YELLOW
CLEAR
VEGETABLES

FRUIT
FATTY
DOCTOR
HEALTHY
ACTIVE
It’s story time! 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, filter, water and urine. Can you find where they fit?**

Your body has two ____________ which __________ your blood.

When you eat and drink, ____________ are used by your body and ____________ is made. ____________ is the combination of extra minerals, waste and ____________ that leaves your body.

**Paragraph 2 uses the words: fatty, failure, healthy, salt, fruits, vegetables and active.**

When kidneys stop working, it is called kidney _____________. Luckily, it is really easy to keep your kidneys _____________. Eat right by using Canada’s food guide and pick a lot of colourful ____________ and _____________. Also, try and avoid ____________ foods, or foods high in _____________. Keeping fit and _____________ is a good way to stay healthy and avoid kidney failure.
Paragraph 3 uses the words: blood pressure, force, diabetes, blood sugar, doctor, yellow and clear.

Once a year you should see your ____________ for a check-up. The doctor should check your ____________ using an inflatable sleeve that goes around your arms. Blood pressure is the ____________ which pushes on the tubes in your body that carry your blood. High blood pressure can make your kidneys sick. Your doctor may also check for ____________ which is a condition where there is too much sugar in your blood. High ____________ hurts the tiny tubes which carry the blood to your kidneys. Your pee should look ____________ or pale ____________, any other colour is not normal.

**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.
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 become sick and stop working, it is called?
   a) kidney death
   b) kidney failure
   c) kidney illness
   d) kidney magic

4. True or false: eating healthy foods helps to keep your kidneys healthy?
   a) true
   b) false

5. Healthy pee should look...
   a) cloudy
   b) green
   c) pales yellow or clear
   d) like monkeys
6. True or false: it is important to keep 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. Which of the following can help you eat right?
   a) Canada’s Food Guide
   b) Canada’s Food Journal
   c) Canada’s Dessert Guide
   d) Canada’s Food Dude

10. True or false: having kidney disease is a normal unavoidable part of life.
    a) true
    b) false

How do you think you did? Check your answers on page 8.
DO YOU LIKE TO COLOUR?
ANSWERS

WORD SEARCH

MAZE

FILL IN THE BLANKS  (In order)
Paragraph 1: kidneys, filter, minerals, waste, urine, water.
Paragraph 2: failure, healthy, fruits, vegetables, fatty, salt, active.
Paragraph 3: doctor, blood pressure, force, diabetes, blood sugar, clear, yellow.

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