THE WORK OF YOUR KIDNEYS
IMPORTANT MESSAGES

- Blood goes around your body; blood goes through your kidneys
- Kidneys have 5 jobs that keep you well
  1. keep blood strong and healthy
  2. keep blood pressure right
  3. keep water and salt level in your blood
  4. keep bones strong
  5. take waste out of your blood

TOPICS

- Kidneys and blood
- Kidneys have 5 jobs
- What is waste in your blood?
- Kidneys work like a filter
- Two kidneys
- Kidneys and heart
- Kidneys and blood
5 JOBS OF YOUR KIDNEYS

1. Keep your blood healthy
5 JOBS OF YOUR KIDNEYS

2. Keep your blood pressure right
3. Keep water and salt level in your blood
5 JOBS OF YOUR KIDNEYS

4. Keep your bones strong
5 JOBS OF YOUR KIDNEYS

5. Take extra water and extra salt and waste from your blood
Breathing and eating gives you energy to move and live
WHAT IS WASTE IN YOUR BLOOD?

Living, breathing, moving makes waste

The waste is in your blood
WHAT IS WASTE IN YOUR BLOOD?

These are some of the names for the waste that is in your blood:

- urea
- creatinine
KIDNEYS WORK LIKE A FILTER

A fishing net works like a filter
Your kidneys filter the extra water, extra salt and waste out of your blood.
KIDNEYS WORK LIKE A FILTER

This extra water, extra salt and waste goes out of your body in your urine.
WORDS TO UNDERSTAND:

- blood pressure
- waste
- creatinine
- urea
- hormones
- level
- balance
- filter
- energy
- urine
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