



Did you know you have two amazing little cleaners inside your body?

They're your kidneys!

Your kidneys are about the size of your fist and are shaped a little like beans. They sit toward the back of your body, below your ribs.

Your kidneys have a very important job. They clean your blood by removing waste and extra water that your body doesn't need. And guess what happens to that waste and extra water? It becomes urine (we sometimes call it pee)!

Your kidneys also help your body keep just the right amount of water. They work all day and all night—even while you're sleeping!

You can help take care of your kidneys, too. Drinking water, eating healthy foods, moving your body, and getting plenty of sleep are great ways to help your whole body stay healthy.

So drink.

Move.

Play.

Rest.

And take good care of your amazing kidneys!



MY AMAZING KIDNEYS!



HOW TO KEEP KIDNEYS HEALTHY!



Drink
water!



Eat healthy
foods!



Move your
body!



Get plenty
of sleep!



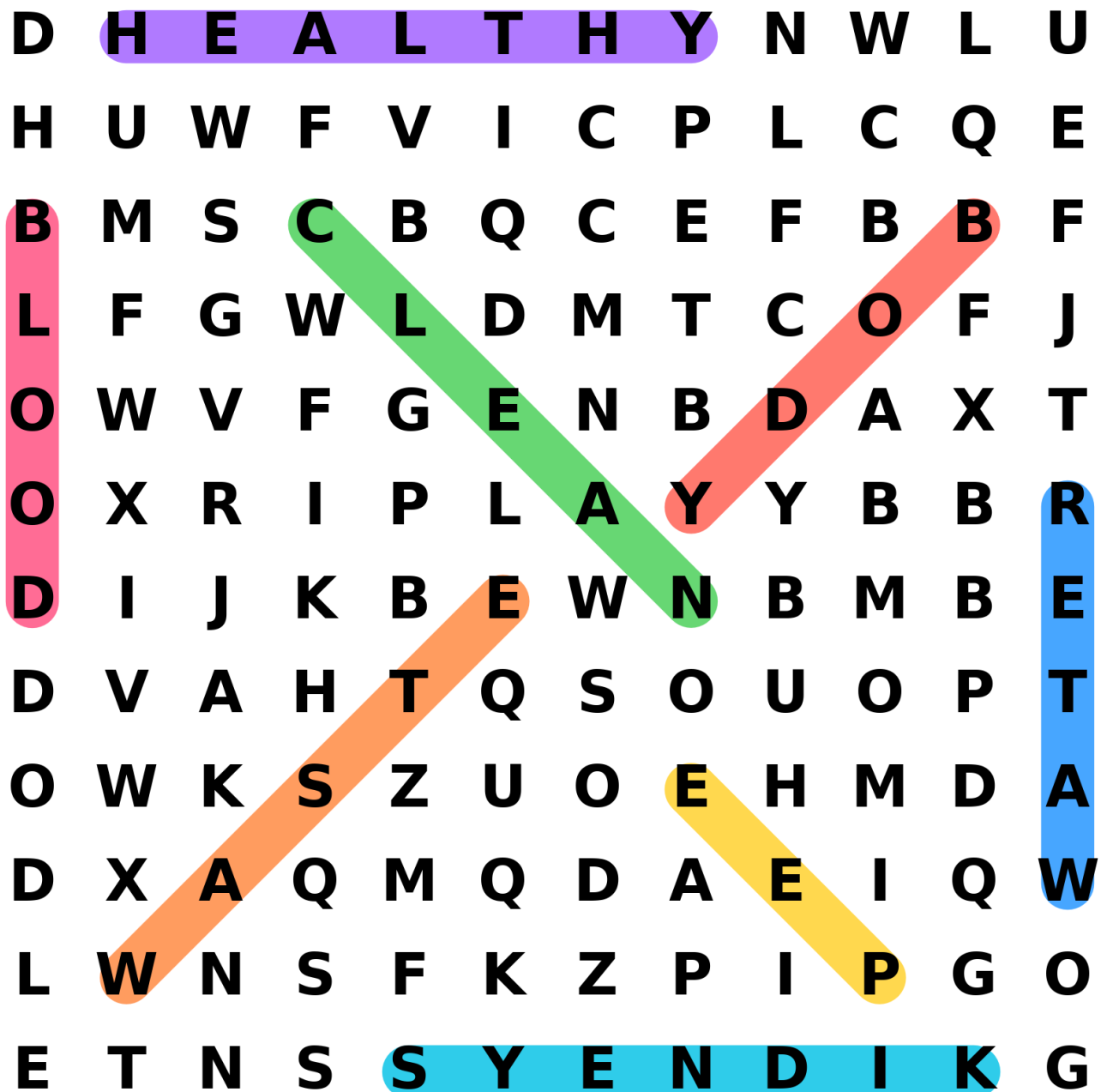
My Amazing Kidneys!

D H E A L T H Y N W L U
H U W F V I C P L C Q E
B M S C B Q C E F B B F
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D X A Q M Q D A E I Q W
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WATER • BODY • BLOOD • KIDNEYS • WASTE •
CLEAN • PEE • HEALTHY



My Amazing Kidneys!



WATER • BODY • BLOOD • KIDNEYS • WASTE •
CLEAN • PEE • HEALTHY



My Amazing Kidneys!



What Did You Learn About Your Amazing Kidneys?

1. How many kidneys do you usually have?

- A. Two
- B. Five
- C. Ten

2. What do your kidneys help clean?

- A. Your shoes
- B. Your blood
- C. Your hair

3. What do your kidneys remove from your blood?

- A. Waste and extra water
- B. Your bones
- C. Your muscles

4. What does some of the waste and extra water become?

- A. Tears
- B. Hair
- C. Pee

5. What is a good way to help take care of your kidneys?

- A. Never drink water
- B. Drink water and eat healthy foods
- C. Stay awake all night



Check Your Work!

★ Answer Key

My Amazing Kidneys

A — Two

B — Your blood

A — Waste and extra water

C — Pee

B — Drink water and eat healthy food

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing heart.

Maybe it will be a picture of your kidneys.

Maybe it will be a picture of how you keep your kidneys healthy. 

You can draw and color anything you want!