

## Kidney quiz – what do you know?

### Activity sheet – Kidney quiz answers

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- 1 Your kidneys are in your back, just below your rib cage. If you put your hands on your hips, your kidneys are where your thumbs are.
- 2 Your kidneys are about the size of your fist.
- 3 The kidneys filter about 200 litres of blood in one day. Enough to fill a bath tub!
- 4 The functions of healthy kidneys are to:
  - a remove waste substances like urea from the blood and
  - c regulate salt (ions) and water balance in the body.
- 5 Urine contains:
  - a water
  - b urea
  - d sodium and chloride ions
- 6 Kidney disease can be caused by all of these.
  - a Birth defects
  - b Genetic disease
  - c High blood pressure
  - d Diabetes is the single largest cause of kidney failure.
- 7 A person with kidney failure will die unless he or she is treated because:
  - a urea levels will increase in the body
  - d levels of sodium and chloride ions in the blood increase.
- 8 The two main ways of treating kidney failure are:
  - a Regular dialysis of the blood
  - c Getting a kidney transplant.