

**STRAND:** Human Growth and Development

**SUB STRAND:** Growth and Changes

**CONTENT LEARNING OUTCOME:** Outline function of kidney and liver and taking care of excretory system.

## LESSON NOTES

### LIVER AND KIDNEYS

- Everyday our body takes in air, food and liquid. Our body uses most of these materials to grow and get energy. Food liquid and air contain some things that our body cannot use. The leftover material is known as waste. The **kidney** filters liquid waste from our blood which is then passed to the bladder and later we pass it out as urine. The **liver** also filters the blood but its main work is to remove toxins or drugs from the blood stream before it reaches the brain.

### Taking care of the excretory system

- Practice a regular bowel movement and urine discharge in clean toilets.
- Drink plenty of water every day to dilute the formation of salts in the body.
- Take a bath regularly to remove the dead skin cells and dirt that may block the pores of the skin.

### What happens if your kidney does not work?

- You will feel tired and weak because your body needs clean blood to function properly.
- High level of urea and nitrogen in the blood may lead to seizures or coma and will ultimately result in death.
- If your kidneys stop working completely you will need to undergo dialysis or kidney transplantation.

## ACTIVITIES

1. Write down the function of kidney.

Kidney filters liquid waste from our blood which is then passed to the bladder and later we pass it out as urine.

2. Write down the functions of liver.

Liver also filters the blood but its main work is to remove toxins or drugs from the blood stream before it reaches the brain.

3. List down three ways of taking care of our excretory system.

- Practice a regular bowel movement and urine discharge in clean toilets.
- Drink plenty of water every day to dilute the formation of salts in the body.
- Take a bath regularly to remove the dead skin cells and dirt that may block the pores of the skin.