

UCIWAI SANGAM SCHOOL
SUPPLEMENTARY WORKSHEET

YEAR : 5**SUBJECT : HEALTHY LIVING**

STRAND	Strand 1 HUMAN GROWTH AND DEVELOPMENT
SUB STRAND	H 5.1.1 GROWTH AND CHANGES
CONTENT LEARNING OUTCOMES	H5.1.1.2 OUTLINE THE FUNCTIONS AND CARE OF EXCRETORY SYSTEMS

LESSON NOTES**TOPIC : LIVER AND KIDNEYS**

Everyday our body takes in air, food and liquid. Our body uses most of these materials to grow and get energy. But our body can't use every bit of it. Food, liquid and air contain some things that our body cannot use. The left-over material is known as waste. Our body needs to get rid of the waste to stay clean and healthy.

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 Liver and Kidneys (Excretory system)

1. Practice a regular bowel movement and urine discharge in clean toilets.
2. Drink enough water every day to dilute the formation of salts in the body.
3. Take a bath regularly to removes the dead skin cells and dirt that may block the pores of the skin.
4. Eat plenty of fruits and vegetables that contain fibers. It can help in moving bowels regularly.
5. Avoid too much exposure to the sun. Apply sun block when going to the beach to avoid sunburn.
6. Exercise regularly to keep your body fit, and it can also makes the lungs and skin more efficient in excreting body wastes.
7. At the first signs of infection, visit your doctor to avoid further complications

ACTIVITY 1 Use your dictionary to find the meaning of these words

- a) Waste - _____
- b) Exhale- _____
- c) Urine- _____
- d) Bladder - _____

ACTIVITY 2 ANSWER THESE QUESTIONS

1. What you can do to keep your kidneys healthy?

2. What you can do to keep your liver healthy?

3. Write the function of the Kidney?

4. What is the main function of the liver?
