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The Excretory System – Kidneys and Large Intestine

1. Match the word on the left to the definition on the right. You may use a dictionary to help you.

- colon
- abdomen
- urine
- particle
- moisture

- A Dampness or wetness
- B The main liquid waste from our body
- C A tiny piece or bit
- D Another name for the large intestine
- E The middle part of our body

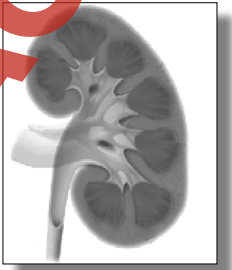
2. Which word completes the sentence? Circle your answer. You may need to use a dictionary.

- a) Our excretory system can be called our _____ removal system.
waste food
- b) The kidneys are filled with millions of _____.
tubs tubes
- c) Our bladder is a _____ that holds urine.
porch pouch
- d) The kidneys send some of the cleaned water back to the _____.
sells cells
- e) The colon stores _____ waste from the body.
solid sold



The Excretory System – Kidneys and Large Intestine

The most important excretory organs in the body are the **kidneys** and the **large intestine**. We have two kidneys. They are small, dark red organs each about four inches long. If you have ever seen a kidney bean, you know the shape and color of your kidneys. Each kidney is located in the lower back on either side of our spine.



The large intestine is also called the **colon**. It is about five feet long. It is in the lower **abdomen**. Its shape is that of an up-side-down "U". Let's look at the chart below to learn more about these two important organs.

Body Organ	How It Helps to Keep Our Body Clean
Kidneys	The kidneys are the main waste removal organs. Liquid waste is taken out of the blood through millions of tubes in the kidneys. Some of the cleaned water is then returned to our cells. The rest of the water holds waste particles . This liquid waste is called urine . Urine drains from the kidneys into the bladder . The bladder is like a balloon, and can hold up to a pint of urine. Urine stays in the bladder until it is passed from the body.
Large Intestine	We have read that food moves from the stomach to the small intestine. Then it passes to the large intestine. In the large intestine, the food is called solid waste . Here, moisture is taken out of it. Finally, the waste is pushed out of the body through an opening at the end of the intestine.

What is the role of the bladder in removing liquid waste?

STOP



The Excretory System – Kidneys and Large Intestine

1. Circle T if the statement is TRUE or F if it is FALSE.

- T F a) "Colon" is another name for the large intestine.
- T F b) Urine is the same as water.
- T F c) Kidneys are important for circulation.
- T F d) The kidneys are located on either side of our spine.
- T F e) The kidneys are filled with millions of tiny tubes.
- T F f) Three important excretory organs are the kidneys, the liver and the abdomen.
- T F g) The colon is twenty-five feet long and is coiled in our body.
- T F h) Urine drains from the kidneys into the bladder.

2. Fill in each blank with a word from the list. One word will be left over.

- water passed liquid balloon cell
- kidney urine particle pint bladder

Our two _____ are important for removing waste. They remove _____ waste. _____ goes through the millions of tubes in the kidneys. Here, some water is cleaned and sent back to the _____. What is left has waste _____ in it. This is called _____. Urine drains into the _____. This organ is like a _____ that gets bigger as it fills up. Urine stays in the bladder until it is _____ from the body.



The Excretory System – Kidneys and Large Intestine

3. What are the two most important organs of excretion?

4. How much urine can a bladder hold?

5. Which of the below are true statements about the excretory system? Use an X to mark your choices.

Excretory System	True
a) If our excretory system did not work we would die.	
b) The kidneys and the bladder work together to get rid of liquid waste.	
c) Liquid waste is called urine.	
d) The colon helps the kidneys remove urine.	
e) Salt is a body waste.	
f) Each of our kidneys weighs about five pounds.	

Extension & Application

6. Have you ever heard of the term **dialysis**? This is a medical treatment for the kidneys. People have to use this treatment if their kidneys don't work. Research to find out what dialysis is and how it works. Are there diseases that can damage the kidneys?



Organ System Poster

We have learned about **FOUR** important systems in the human body:

- the circulatory system
- the digestive system
- the excretory system
- the reproductive system

For this activity, you will **create a poster** with important facts about one of these systems.

YOUR POSTER SHOULD INCLUDE:

- a catchy title to get the reader's attention
- an illustration that shows what the system looks like (be sure to label all the parts!)
- the main parts that make up the system
- the main job or jobs of the system
- any other important information you can think of that can be presented in an interesting way

Begin by collecting important **facts** about your system. You may use the reading passages, the Internet, or other resource materials to find your information. Make your poster on a piece of Bristol board. Make it colorful, neat and organized.

When you have finished, **share** your poster with the class.



Crossword Puzzle!

Across

- Blood _____ through the blood vessels
- Another word for large intestine
- Something with oxygen taken away
- Food goes down this tube to the stomach
- _____ blood cells help with our immunity
- Organs that help us breathe and get rid of waste
- This is removed from waste in the large intestine
- This organ is coiled like a snake
- The main job of the liver is to _____ blood
- Small holes in our skin that sweat comes out of



Down

- Big artery attached to the heart
- Enzymes are _____ in the small intestine
- A chemical in our stomach that helps us digest
- A main organ of the circulatory system
- These take blood away from the heart
- Estrogen is a _____ made in the female body
- Blood clots when it _____
- Holds urine
- Largest organ of the body

Word List

- | | |
|------------------|------------|
| deoxygenated, | hormone, |
| circulates, | thickens, |
| water, | acid, |
| pores, | chemicals, |
| esophagus, | veins, |
| lungs, | bladder, |
| colon, | skin, |
| white, | aorta, |
| small intestine, | heart, |
| filter | |

Comprehension Quiz

Part C

- Name the **three** kinds of **blood vessels**. Describe what each blood vessel does.

- Name **one** part of the **blood**. Describe its main job. Tell **one** other important thing about it.

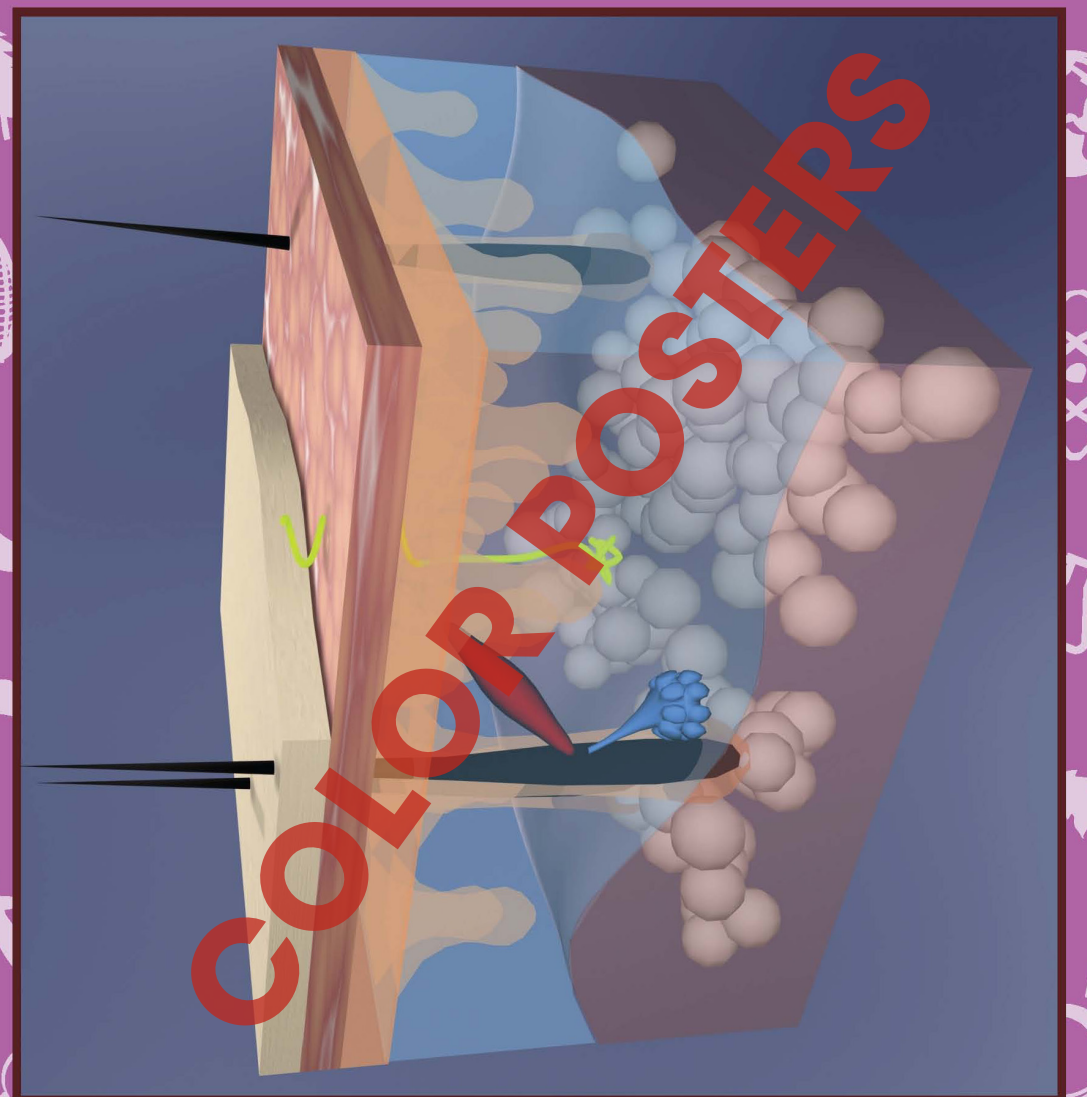
- What happens to food when it enters the digestive system? Use the terms **teeth, esophagus, stomach** and **large intestine** in your answer.

- Name **one** organ of the **excretory system**. Describe what it does.

- How does a **fetus** get its food and oxygen? Why does it need these two things?

SUBTOTAL: /18

Skin Layers



NAME: _____

After You Read 



The Excretory System - Kidneys and Large Intestine

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EASY MARKING ANSWER KEY

Extension & Application

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3. kidneys, large intestine

4. Up to one pint

- 5.
- a) X
 - b) X
 - c) X
 - d) (not true)
 - e) X
 - f) (not true)

Student results:

Pulse at rest
- lowest of the 4 measurements

Pulse after exercise
- highest of the 4 measurements

Pulse aft 2 min. rest
- lower than after exercise

Pulse aft 5 min. rest
- lower than after 2 min. rest

Pulse is highest after exercise because the heart is beating fastest at this time. It beats faster because the body is working and the cells need more oxygen than when at rest. (Blood carries oxygen to cells.)

11

It is cleaner than the water that was poured

2.

They removed the dirt

3.

Kidneys filter waste materials out of the blood

12

Answers will vary

13

