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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
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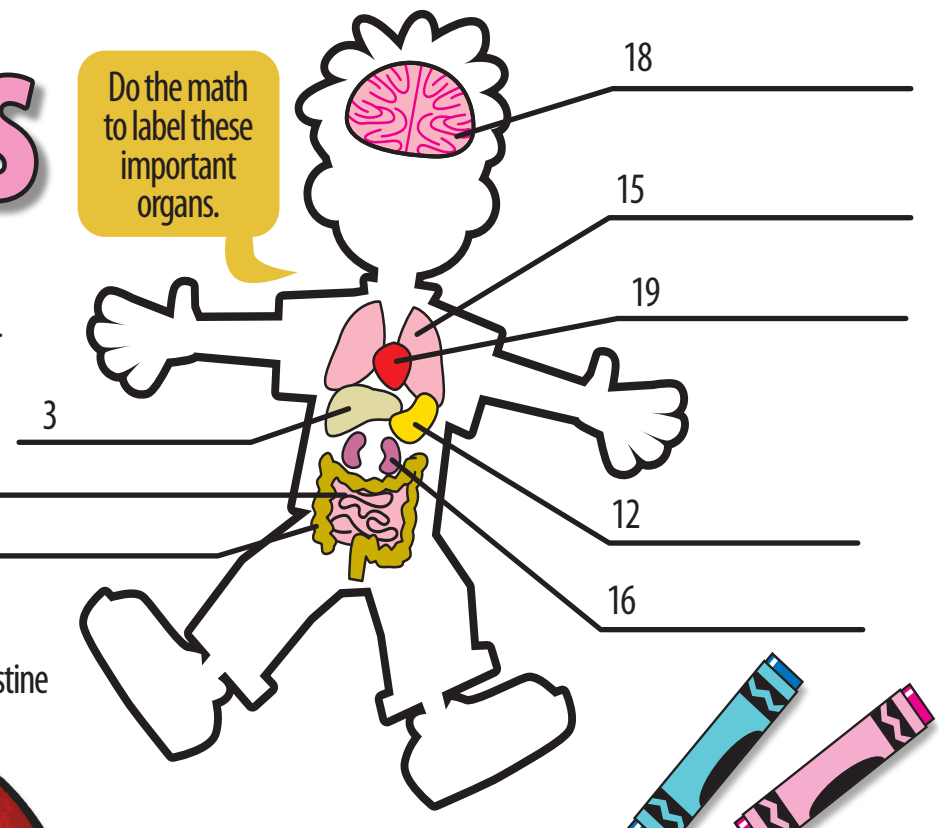
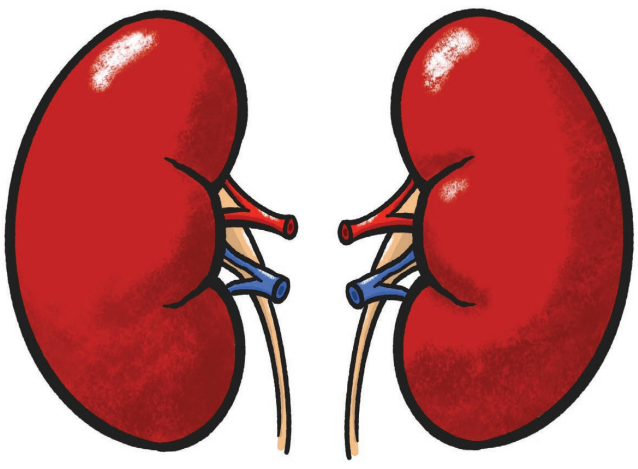
KID SCOOP'S MEET YOUR BODY SERIES

Kidneys

People may look different on the outside, but on the inside, we all have the same parts. The human body contains some parts, called **organs**, that do very important jobs. Kidneys are one of the organs you need to survive!



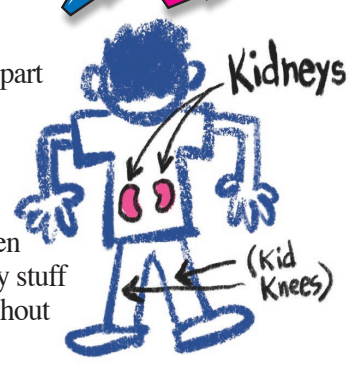
11 + 9 = small intestine
3 + 9 = stomach
6 - 3 = liver
12 + 6 = brain
8 + 8 = kidneys
12 + 7 = heart
20 - 5 = lungs
7 + 7 = large intestine



Kidneys Clean Up

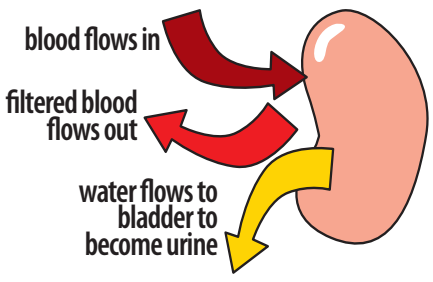
Your body has two kidneys in the lower part of your back. Kidneys help keep our insides clean.

Our bodies need to get rid of unhealthy things that can come into our bodies when we eat, drink, and breathe. The unhealthy stuff goes into our blood which moves throughout our bodies.



Kidney Facts

Size: About the size of your fist
Texture: Smooth
Shape: They look like, well, a kidney bean!
Protected by: Lower back ribs



On its way around your body, blood goes through your kidneys. Your kidneys **filter** the bad stuff out of your blood as well as remove extra water and turn it into urine. The urine heads into your bladder where it is stored until you let it out when you pee.

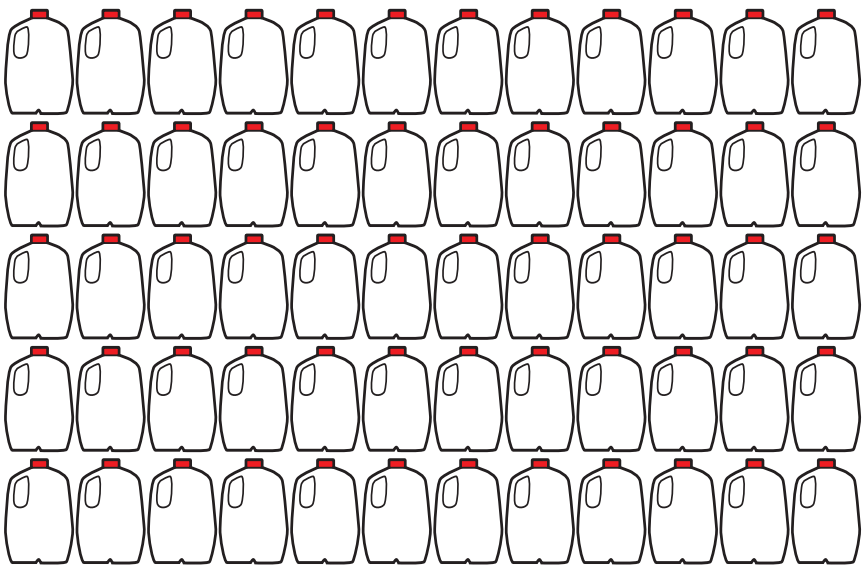
Hold this page up to a mirror to read this important message!

Our bodies have important parts called **organs** that work together just like a team. Some other organs are the heart, lungs, intestines, brain, and stomach.

Kidneys at Work

Your kidneys filter up to 180 liters of blood every day. That's 48 gallons! **Color 48 of these one gallon milk jugs red.**

Your kidneys produce about six cups of urine every day. Do you drink enough water to replace that much liquid?



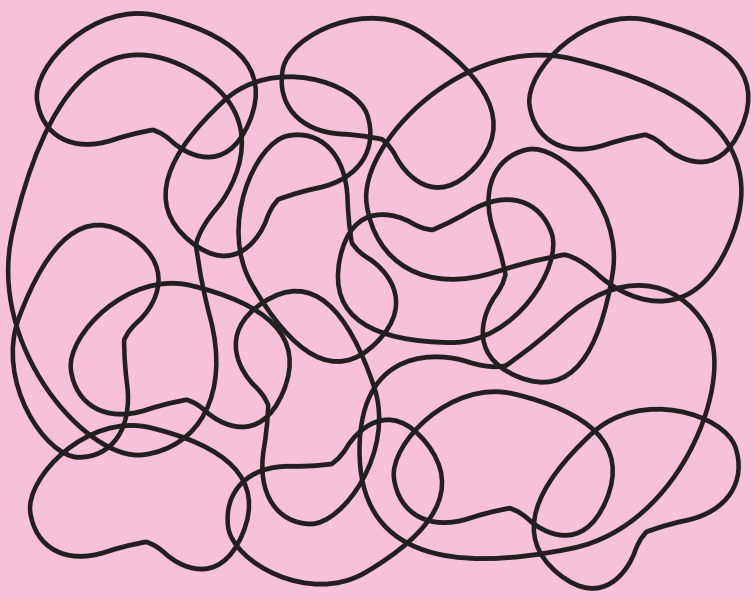
Extra! Extra! Make a New Body

Cut out different body parts from pictures of different people in the newspaper. Glue the body parts onto another sheet of paper to make a new, silly person!

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop Puzzler

How many kidney shapes do you see here?



Double Double Word Search

KIDNEYS
SURVIVE
STOMACH
MUSCLES
BREATHE
BLADDER
ORGANS
FILTER
BLOOD
BRAIN
LUNGS
HEART
TEAM
BODY
RIBS

Find the words in the puzzle. How many of them can you find on this page?

E	H	T	A	E	R	B	S	R	R
R	B	L	O	O	D	E	E	E	E
S	O	S	P	R	L	L	S	T	D
T	D	G	A	C	G	U	Y	L	D
O	Y	N	S	B	R	A	E	I	A
M	C	U	B	V	R	M	N	F	L
A	M	L	I	E	L	A	D	S	B
C	I	V	R	Q	U	E	I	I	D
H	E	A	R	T	S	T	K	N	S

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop Together: Proof It

Are you an eagle-eyed reader? Circle the nine errors. Then, rewrite the article correctly. Have a family member check your work.

Do I really need two kidneys?

It is possible to live with one kidney. In fakt, if one person has injured or sick kidneys, another person with too healthy kidneys can give one away. This is called an Organ Donation.

Each year, there is an Organ Donor Relay Race to rayse monee to help people who need organ donations.

People put together teams and each person on the team runz part of the race. At the end of each persun's part of the race, they pass a baton to the nextt member of the teem. This represents people passing an organ from one person to another to save livez.

KID SCOOP'S MISSION

Children are born curious. From their earliest days, sensory exploration brings delight and wonder. New discoveries expand their minds. When they unlock the joy of reading, their world widens further. **Magic happens.**

Kid Scoop opens the doors of discovery for elementary school children by providing interactive, engaging and relevant age-appropriate materials designed to awaken the magic of reading at school, at home, and throughout their lives.

For more information about our literacy non-profit, visit **kidscoopnews.org**

Kid Scoop VOCABULARY BUILDERS

This week's word:
FILTER

The noun **filter** means a device for removing unwanted material.

A water **filter** helps keep drinking water clean.

Try to use the word **filter** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

In which ways are people the same?

Cut out two newspaper photos of people. Make a list of all the ways the two people are the same or similar.

Standards Link: Look for similarities and differences.

What is a kidney's favorite music?

ANSWER: Organ music!

Write On! Fitness Exercise

Tell other kids about an exercise you do, either to stay fit or to warm up before a sports game.

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