

Name _____

Excretory System Superheroes: How to Keep Them Healthy!

Multiple Choice Questions

1. What is the recommended daily intake of water to support a healthy excretory system?
 - a) At least four cups
 - b) At least eight cups
 - c) At least twelve cups
 - d) At least sixteen cups

2. Which nutrient-rich foods help prevent constipation and reduce the risk of kidney stones?
 - a) Fruits and vegetables
 - b) Sugary snacks
 - c) Processed meats
 - d) Soft drinks

3. What can excessive sodium intake lead to, affecting kidney health?
 - a) Low blood pressure
 - b) High blood pressure
 - c) Stronger kidneys
 - d) Improved digestion

4. How do diuretics like alcohol and caffeine impact the excretory system?
 - a) They reduce urine production
 - b) They have no effect on urine production
 - c) They increase urine production
 - d) They strengthen kidney function

5. Why is quitting smoking important for kidney health?
 - a) Smoking improves kidney function
 - b) Smoking has no effect on the kidneys
 - c) Smoking increases the risk of kidney cancer and kidney disease
 - d) Smoking helps maintain a healthy weight

