

Name _____

Excretory System Superheroes: How to Keep Them Healthy!

Short Answer

1. Explain why water is crucial for maintaining a healthy excretory system.
2. What are diuretics, and why should individuals balance their intake of alcohol and caffeine?
3. How can a balanced diet support the health of the excretory system?
4. What role does physical activity play in maintaining a healthy excretory system?
5. Why is maintaining a healthy weight important for kidney health, and how can it be achieved?

