

Name \_\_\_\_\_

## Excretory System Superheroes: How to Keep Them Healthy!

### Open-Ended Response Questions

1. Discuss the impact of excessive sugar intake on kidney health. How can individuals reduce their sugar consumption while maintaining a balanced diet?
2. Explain how sodium can affect blood pressure and kidney health. Provide some practical tips for reducing sodium intake in daily life.
3. Describe the potential consequences of a sedentary lifestyle on the excretory system. What are some strategies to incorporate regular physical activity into one's routine?
4. Discuss the challenges of quitting smoking and its benefits for kidney health. How can individuals seek help and stay committed to quitting?

