

Name _____

Excretory System Superheroes: How to Keep Them Healthy!

Short Answer Key

1. Water is crucial for maintaining a healthy excretory system because it supports the elimination of waste and toxins from the body. It helps flush out waste products through urine, preventing the buildup of harmful substances.
2. Diuretics are substances that increase urine production. Balancing the intake of alcohol and caffeine is essential because excessive consumption can lead to dehydration, disrupting the normal functioning of the excretory system.
3. A balanced diet supports the health of the excretory system by providing essential nutrients that help maintain kidney and bladder health. Fiber-rich foods prevent constipation and reduce the risk of kidney stones, while probiotics in foods like yogurt promote a healthy gut, indirectly benefiting the excretory system.
4. Physical activity plays a role in maintaining a healthy excretory system by helping to regulate blood pressure, reducing the risk of kidney disease, and promoting overall well-being. Regular exercise improves blood circulation and helps the kidneys function optimally.
5. Maintaining a healthy weight is important for kidney health because excess weight can strain the kidneys and increase the risk of kidney disease. Achieving a healthy weight can be accomplished through a balanced diet and regular exercise, leading to better kidney function.

