

Name _____

Excretory System Superheroes: How to Keep Them Healthy!

Open-Ended Response Answer Key

1. Excessive sugar intake can lead to obesity and type 2 diabetes, increasing the risk of kidney disease. To reduce sugar consumption while maintaining a balanced diet, individuals can limit sugary snacks and beverages, choose natural sweeteners in moderation, and prioritize whole, unprocessed foods.
2. Sodium can raise blood pressure, which strains the kidneys and contributes to kidney disease. To reduce sodium intake, individuals can read food labels, choose low-sodium alternatives, cook fresh meals at home, and limit the use of table salt.
3. A sedentary lifestyle can negatively impact the excretory system by increasing the risk of conditions like obesity and high blood pressure. To incorporate regular physical activity, individuals can start with small, manageable goals, such as daily walks, and gradually increase the intensity and duration of exercise. Finding enjoyable activities and setting a routine can help maintain an active lifestyle.
4. Quitting smoking is challenging but crucial for kidney health. Smoking increases the risk of kidney cancer and accelerates kidney disease in those with pre-existing conditions. Individuals can seek support from healthcare professionals, use nicotine replacement therapies, and join smoking cessation programs to successfully quit smoking and improve kidney health.

