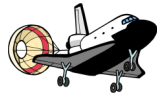
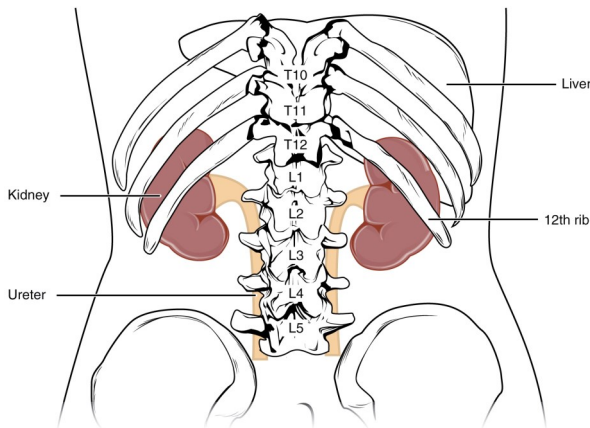


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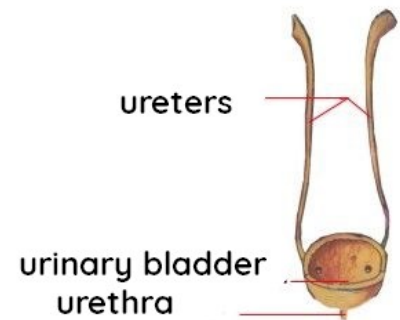
10 Minutes with Science

The Kidneys

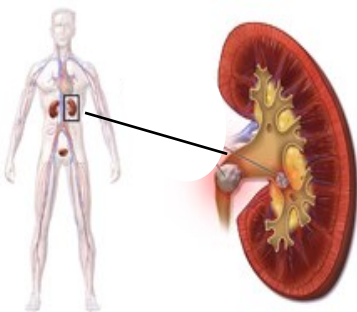


The kidneys are two small organs of the same size and belong to the excretory system. They are approximately 10 to 12 centimeters long. They have a reddish color and are shaped like a small bean. The main job of these organs is to filter and purify the blood. They are responsible for removing waste substances harmful to the body.

Once the blood is filtered, a yellowish fluid called urine appears in the kidney, which is expelled out of the body through a tube called the urethra. Urine is made up of more than 95% water, and the remaining 5% are mineral salts and organic substances such as uric acid or creatinine.



Interestingly, the excretory system is almost the same in every species of vertebrate animals.



In order to have healthy kidneys, we should drink approximately 6 glasses of water daily, especially in the hottest months because the body needs to be purified and hydrated.

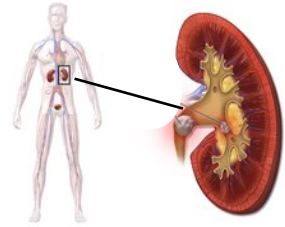


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CONTESTA LAS PREGUNTAS

1. **What do the kidneys do?**

- a. Cleanse the body of harmful substances
- b. They produce urine
- c. Filter and purify blood
- d. All of the above answers are correct



2. **What color and size are the kidneys?**

- a. Reddish and big
- b. Pink and small
- c. Reddish and small
- d. Pink and big

3. **Why should I drink water?**

- a. To have healthy kidneys
- b. Because the human body needs it
- c. You don't have to drink as much water is recommended
- d. To combat the summer heat



4. **In vertebrate animals, the excretory system is virtually the same in all species.**

- a. True
- b. False



5. **What is urine?**

- a. It's a good substance in the body
- b. It is the result of blood filtering in the kidney
- c. It is a yellowish liquid and serves to hydrate the body
- d. It's water expelled to the outside of the body

