

The excretory system

1.- Complete the pictures using the words in the box.

URETHRA

URETER

PORE

BLADDER

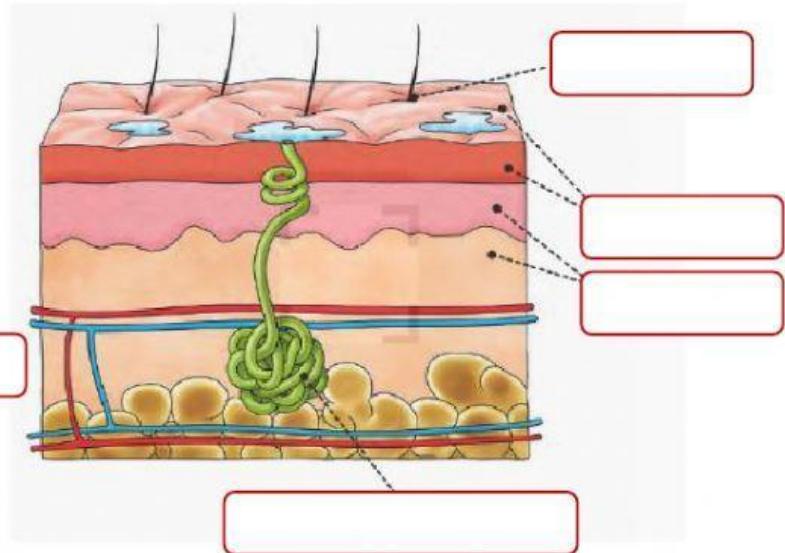
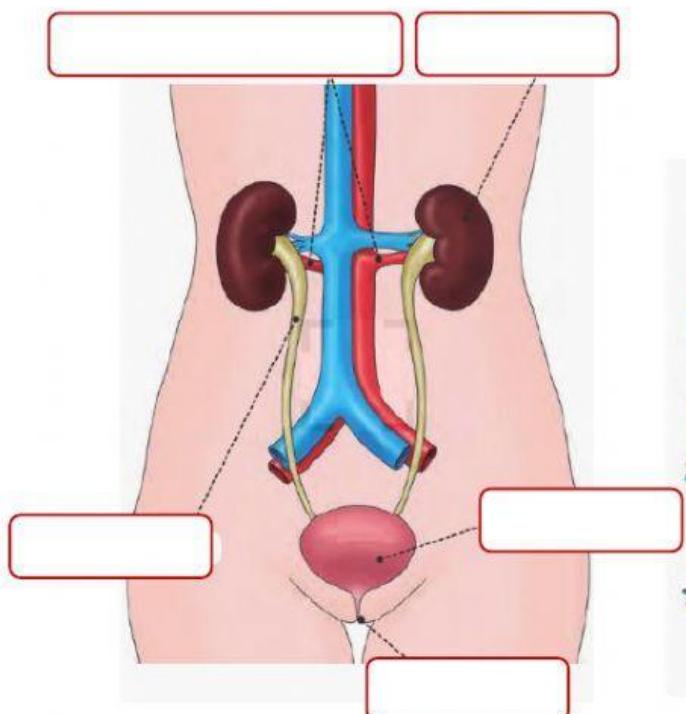
KIDNEY

EPIDERMIS

SWEAT GLAND

RENAL ARTERIES

DERMIS



2.- Complete.

The urinary system

The **kidneys** helps to keep our blood clean and healthy. It removes waste products and then eliminates them from the body.

1.- The two **kidneys** carry blood to the **bladder** where waste products are removed.

2.- The waste products from the blood are mixed with water to make **urine**. About **1.5 liters** of urine are produced in the kidneys every day.

3.- Two long tubes called **ureters** carry the urine from the kidneys down to the **bladder**, where the urine is stored.

4.- When the bladder gets full, it sends a signal to the brain. This signal tells us that we need to go to the toilet and urinate.

5.- When we urinate, the urine leaves the bladder through a tube called the **urethra**. This is how urine is eliminated from the body.

Sweat glands

Our body can also eliminate waste through sweat glands excrete to cool us down. Sweat is a mixture of water, salt and other minerals.

A typical adult has about and the layer below is the square meters of skin. The outer layer of skin is called the . Skin is the body's largest organ.

In the dermis, sweat is produced in the sweat glands. Then it leaves the body through tiny holes in the epidermis called . Most people have between million pores.

When sweat reaches the epidermis, the water evaporates into the air. This helps to cool the skin. The salt and minerals stay on the skin. We sweat more in hot weather and when we do exercise, so it is very important to lots of water. This keeps your body hydrated and helps you avoid getting dehydrated.