



## FUNCTIONS OF THE URINARY SYSTEM

(CLICK THE ONES THAT ARE CORRECT)

CLEAN YOUR BLOOD	ABSORB THE NUTRIENTS TO THE BLOOD
MOVE YOUR BLOOD	EXPULSE THE URINE AND WASTE SUBSTANCES
EXPULSE THE WASTE FOOD THAT YOU DON'T NEED	CONTROL DE QUANTITY OF HORMONES
TRANSPORT NUTRIENTS	HOLD YOUR PEE IN THE BLADDER
MAKES URINE	DO THE DEFECATION OF SOLID WASTE SUBSTANCES
MIX PEE WITH BLOOD AND FOOD	FILTER TOXIC SUBSTANCES

## CLICK THE GOOD HABITS OF THE URINARY SYSTEM

HOLD YOUR PEE FOR A LONG TIME	EAT HEALTHY	DRINK ALCOHOL	DO PHYSICAL ACTIVITY
DRINK ENOUGH QUANTITIES OF WATER	EAT HIGH QUANTITIES OF SALT	TAKE A SHOWER REGULARY	DON'T GO TO THE DOCTOR IF YOU HAVE A PROBLEM