

7th Grade			
The Human Body			
Ch 7 Lesson 2			
Page	Question	Answer(s)	Links/Sources
276	Why is it important to take a daily shower?	*Sample answer: If I didn't shower regularly my acne would be worse. Showering helps keep body odor under control.	
276	How do you think this promotes overall health?	*Sample answer: Having very dirty skin can lead to infections. I feel better about myself when in am clean than when I am dirty.	
276	Has your family ever forgotten to put out trash on garbage collection day?	Sample answer: Yes.	
276	How did that affect the running of your household the during the following week?	Sample answer: It became difficult to put any more garbage in the garbage can, garbage began to spill over, things began to stink.	
276	What would happen to the city?	Sample answer: Garbage would pile up on the streets and around homes, sewers would back up, sinks and toilets would not work properly.	
276	Who would be affected first by this breakdown?	Sample answer: Individual residences of people who depend on these services.	
276	Who might be the last to feel the effects of the breakdown?	Sample answer: People living in the least populated areas of the city.	
276	What happens to the body if wastes are not removed from the body?	It would build up in the blood and cause damage to your body.	https://findanyanswer.com/what-happens-if-wastes-arent-removed-from-the-body
276	What are the sources of body wastes?	Chemical reactions (metabolism) in the body cause wastes, such as carbon dioxide, salts, urea, uric acid, and even water.	
276	What systems do your lungs and skin belong	Respiratory and excretory	
276	Why is it important to take a daily shower?	Sample answer: Having very dirty skin can lead to infections. I feel better about myself when in am clean than when I am dirty.	
276	How do you think this promotes overall health?	Sample answer: Keeping your skin clean helps to prevent infections and control body odor.	

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276	What wastes does your respiratory system get rid of?	Carbon dioxide	
277	What is the filtering unit of the kidney?	*The nephron	
277	What substance passes from the urethra?	*Urine	
277	What is made of?	*Water, minerals, salt, and urea.	
277	When you drink a lot of water, what happens to your body? Why do you think this is so?	You need to urinate more often because the kidneys eliminate excess water and wastes. If you drink a lot of water, you need to get rid of it along with the wastes it removes.	
277	What do you think would happen if God did not include kidneys in your body's design?	Wastes from the blood cannot be removed.	
277	What do you think might happen if additional water were not reabsorbed while in the kidney?	Important substances, such as glucose, minerals would be excreted out of the kidneys together with the wastes.	
277	Why do you think a separate organ is needed to store the urine instead of keeping it in the kidneys?	You don't want the wastes to interfere with the workings and functions of the kidneys.	
277	Do you think the movement of the bladder muscles is voluntary or involuntary?	The internal sphincter is involuntary, the external sphincter is voluntary.	
278	How do the kidneys remove wastes from your bloodstream?	The kidneys filter the wastes out of the blood.	
278	Which filter material will remove the most waste?	Sample answer: The sand will remove the most waste?	
278	Is it possible to remove all of the waste from the water?	Probably not, because some of the particles are still too fine to be removed by filter material that I have available.	
279	Which systems are responsible in the transport of materials through and out the	*Circulatory and excretory.	
279	How does the digestive system help the heart?	*It provides the heart with nutrients so the heart can keep beating.	

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279	How does the circulatory system help the excretory system?	*It transports wastes so they are eliminated from the body?	
279	Does the Bible talk about excretion? What do you think Jesus was trying to say?	*Jesus explains that food and drink are simply things that pass into the stomach to be digested there, and have nothing in common with man's spiritual nature.	
279	As you exercise, you breathe faster and your heart rate picks up. More oxygen is required in your cells. How does this happen?	As the heart rate speeds up, more oxygen-rich blood is pumped through the blood vessels and delivering more oxygen to the cells.	
279	After exercising you are thirsty and sweaty. You drink some water and you feel better.	The water that was lost from your cells is replenished.	
279	How do you think cells recover oxygen and nutrients from the circulatory system?	Arteries take oxygen and nutrients to the cells, while veins take wastes products and carbon dioxide out to kidneys and lungs to exhale carbon dioxide.	
279	What happens if the bloodstream stops picking up wastes?	Wastes would build up in the body, damage tissues, and reduce organ function.	
280	Do people expel waste when they exhale?	*Yes. Both carbon dioxide and water vapor are exhaled.	
280	Is renal failure the same thing as kidney failure? Explain.	*Yes; renal refers to the kidneys.	
280	Why is dialysis important?	*Dialysis machines do the work of the kidneys. If someone's kidneys are not functioning properly, dialysis can remove wastes from the blood, which can improve and lengthen his or her life.	
280	What do you think would happen if one of the organs in the excretory system stopped working?	Sample answer: Wastes would build up and the results would be disastrous for the body.	

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280	Would the body be able to compensate for the loss of that function?	No, some of the effects would be anemia, chronic kidney disease, diabetes, high blood pressure, and renal failure. So survive, people need to have dialysis or a kidney transplant.	
281	What changes to the diet do you think would help a person with renal failure? How can a person reduce the risk in the first place?	A diet rich in vegetables, fruits, low-fat dairy, low salt, whole grains, beans, seeds, and nuts.	https://www.kidney.org/atoz/content/Dash_Diet
281	How can you protect yourself for UTIs	Sample answer: Drink plenty of water and cranberry juice	
281	We know what foods cause gout, but what are the foods that help prevent it?	Sample answer: Foods high in soluble fiber including, oats, apples, oranges, broccoli, pears, strawberries, blueberries, cucumbers, celery, carrots, bananas	
281	What foods and medicines make people more susceptible to kidney stones?	Sample answer: Foods - beets, chocolate, spinach, rhubarb, tea, nuts. Medicines - magnesium trisilicate, ciprofloxacin, sulfa medications, ephedrine, guaifenesin	
282	What protein sources would be considered part of a healthy diet for someone who wants to avoid gout?	*Low-fat and non-dairy items, legumes, nuts.	
282	Can you think of any fad diets that might contribute to people developing gout?	*Sample answer: Those in which people eat a large amount of protein, including high fat meats.	

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282	How does dialysis work?	<p>*The two main type of dialysis are hemodialysis and peritoneal dialysis.</p> <p>Hemodialysis involves the patient's blood being pumped through a machine, cleaned, and returned to the body. This dialysis is done at a hospital or clinic setting.</p> <p>Peritoneal dialysis uses the lining of the abdominal area as a filter. A dialysis fluid is placed inside the peritoneal cavity. It is left there for to six hours where it removes waste from the blood through the thin lining of the cavity. Then the wastes are drained along with the fluid.</p>	
282	How does salt affect your kidneys?	Salt causes kidneys to have reduced function, removing less water and resulting in high blood pressure. The strain on the kidneys would result in kidney disease.	http://www.actiononsalt.org.uk/salthealth/salt-and-the-kidneys/#:~:text=A%20high%20salt%20diet%20will,can%20lead%20to%20kidney%20disease
282	What changes can you make in life to protect your kidneys?	Eat a balanced, healthy diet; increase physical activity, reduce high cholesterol levels; keep high blood pressure under control; keep blood sugar under control; drink lots of water.	https://www.kidney.org/content/7-tips-protect-your-kidney-heart-health
282	Why is cranberry juice useful in warding of cystitis?	It contains chemicals that prevent bacteria from sticking to the bladder walls.	
282	Can you think of any fad diets that might contribute to people developing grout?	Very high protein diet, such as red meat.	
282	How does dialysis work?	Blood is removed and passed into a machine with membranes that will filter waster products from your blood.	