

The Body's Cleanup Crew

The Excretory System



The excretory system removes waste the body does not need.

When your body uses food, oxygen, and water, it also makes waste.

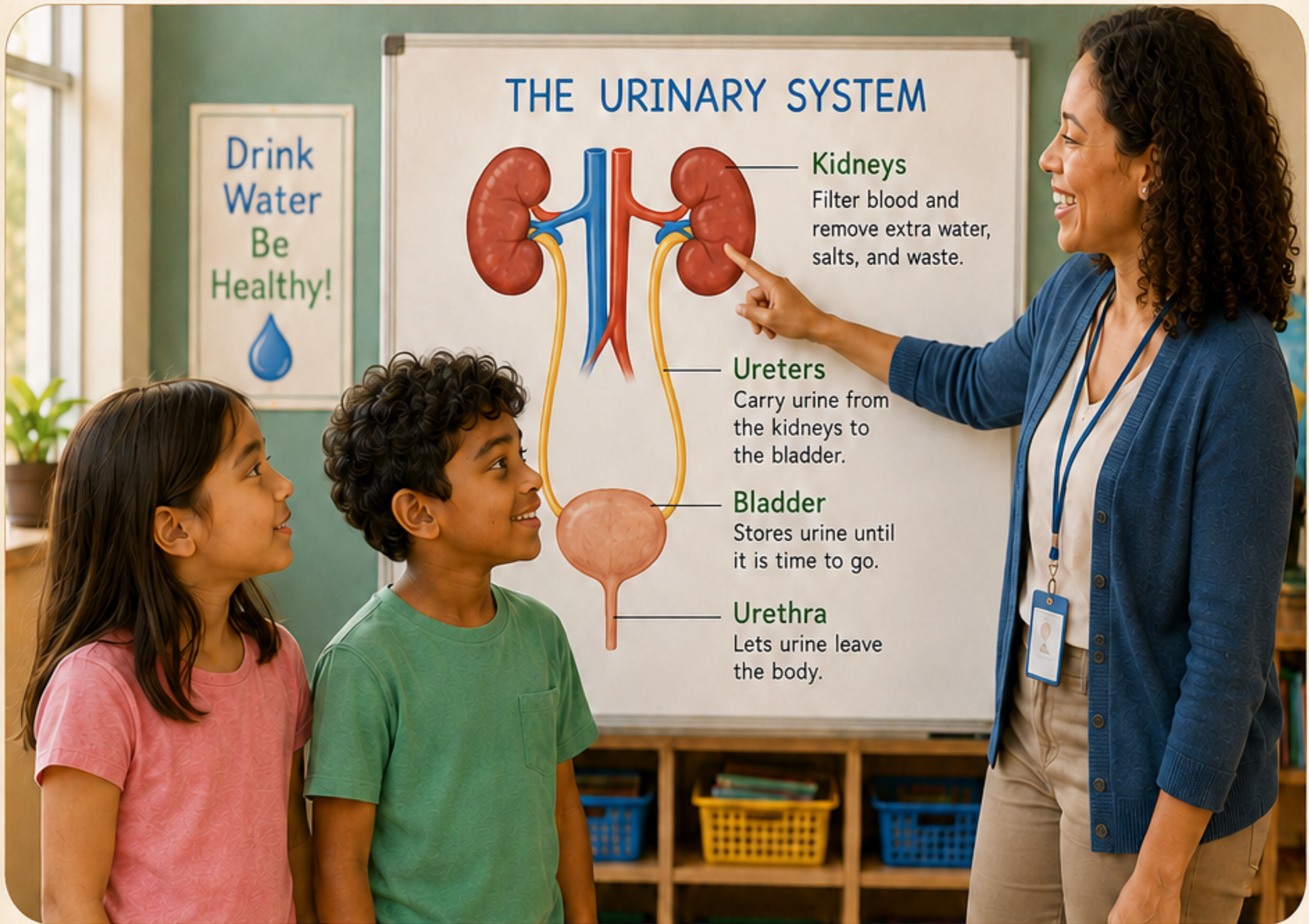
If the waste stayed inside, it could make the body sick.

‘The urinary system is one important part of the excretory system,’ Ms. Carter explained.



The Body's Cleanup Crew

The Urinary System



“These are the kidneys,” Ms. Carter said. “They filter the blood and remove extra water, salts, and waste.”

“The ureters carry urine from the kidneys to the bladder.”

“The bladder stores urine until it is time to go.”

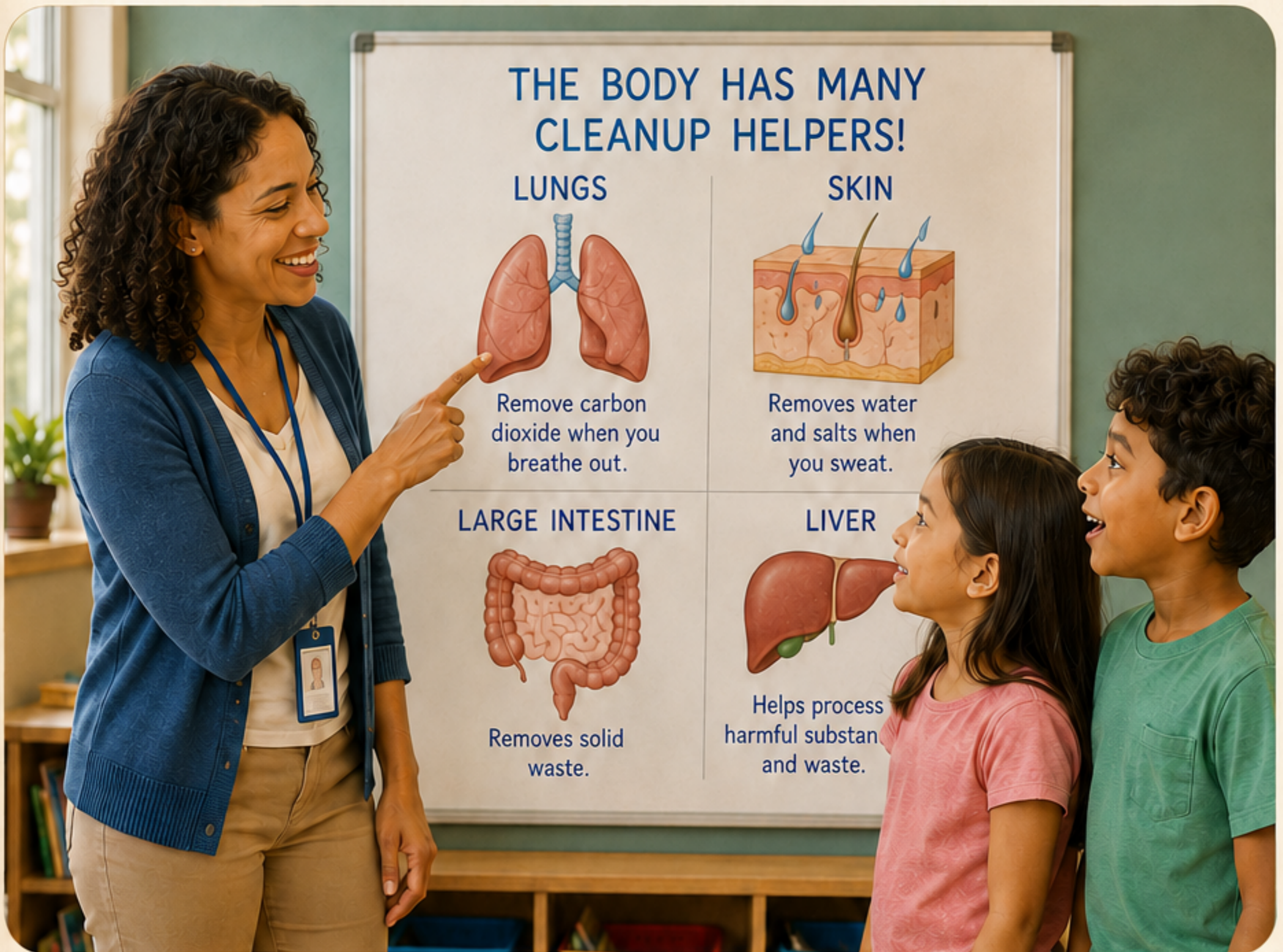
“The urethra lets urine leave the body.”

Maya smiled. “Kidneys filter. Ureters carry. Bladder stores. Urethra releases.”



The Body's Cleanup Crew

Other Cleanup Helpers



“The urinary system is not the only helper,” Ms. Carter said.

“Your lungs remove carbon dioxide when you breathe out.”

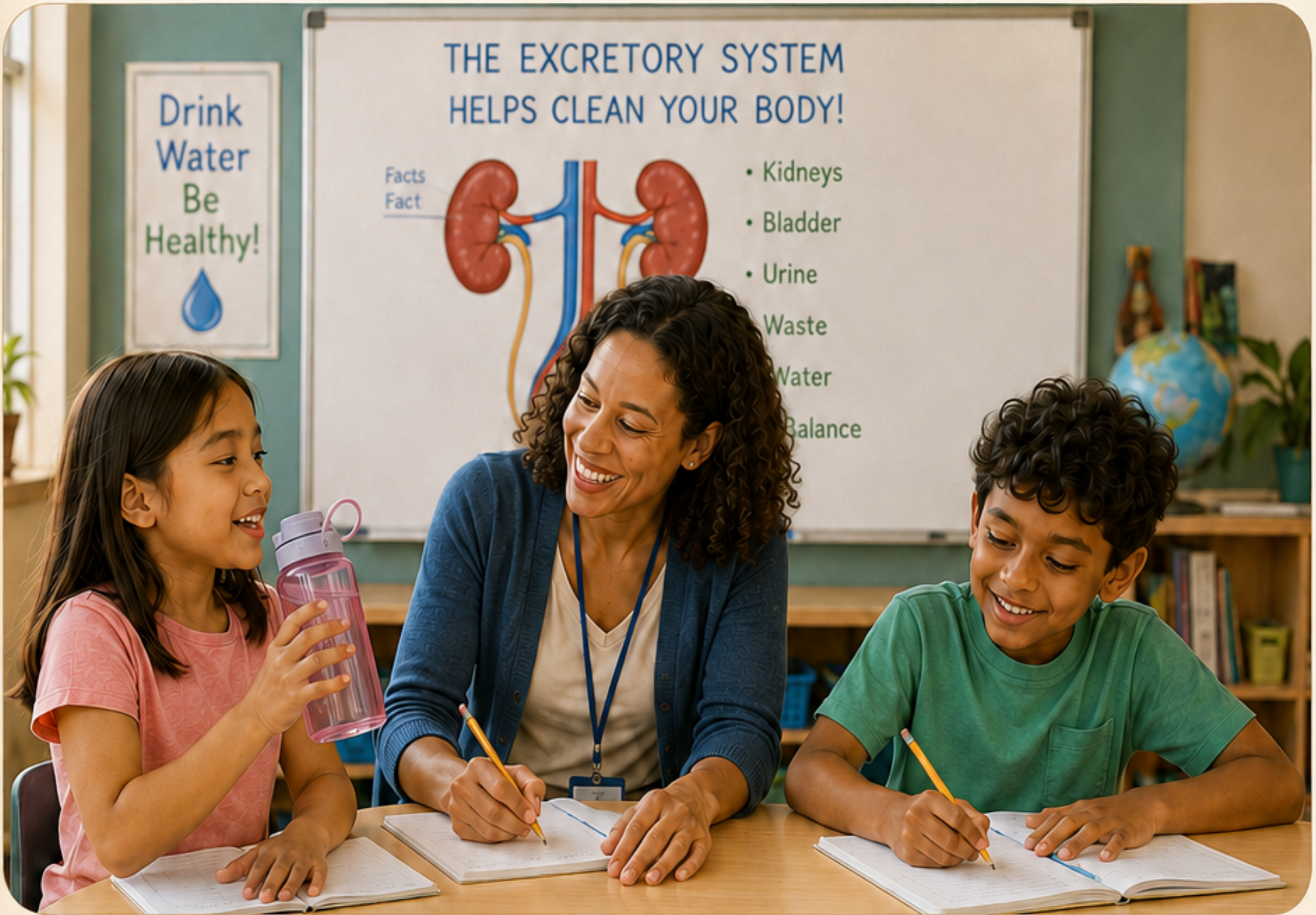
“Your skin removes water and salts when you sweat.”

“Your large intestine removes solid waste, and your liver helps process harmful substances and waste.”

Rohan looked amazed. “So the body has many cleanup workers!”

The Body's Cleanup Crew

Why Water Matters



Maya looked at her water bottle again.

“So drinking water helps the kidneys do their job?”

“Exactly,” said Ms. Carter. “Water helps the body move waste out.”

Rohan grinned. “My cleanup crew is working every day—even when I don’t notice it!”

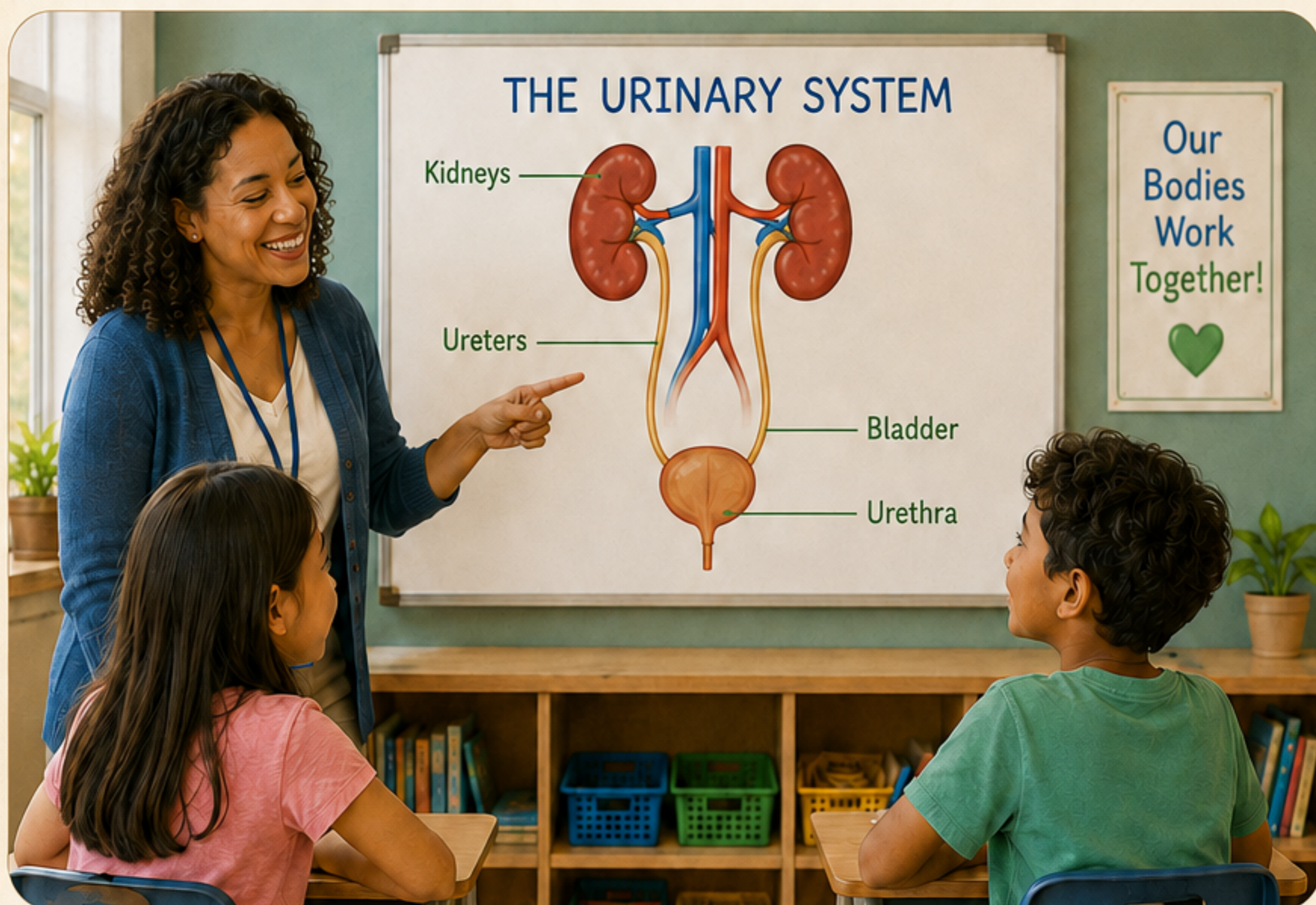
The class wrote the path together:

kidneys → ureters → bladder → urethra



Science Element

Excretory System and Urinary System



The excretory system removes waste from the body.
The urinary system is one major part of it.

Main Parts

- **Kidneys** — filter blood
- **Ureters** — carry urine
- **Bladder** — stores urine
- **Urethra** — releases urine

Other Helpers

- **Lungs** — remove carbon dioxide
- **Skin** — removes water and salts in sweat
- **Large intestine** — removes solid waste
- **Liver** — helps process toxins and waste



Drink water to help your kidneys do their job.

