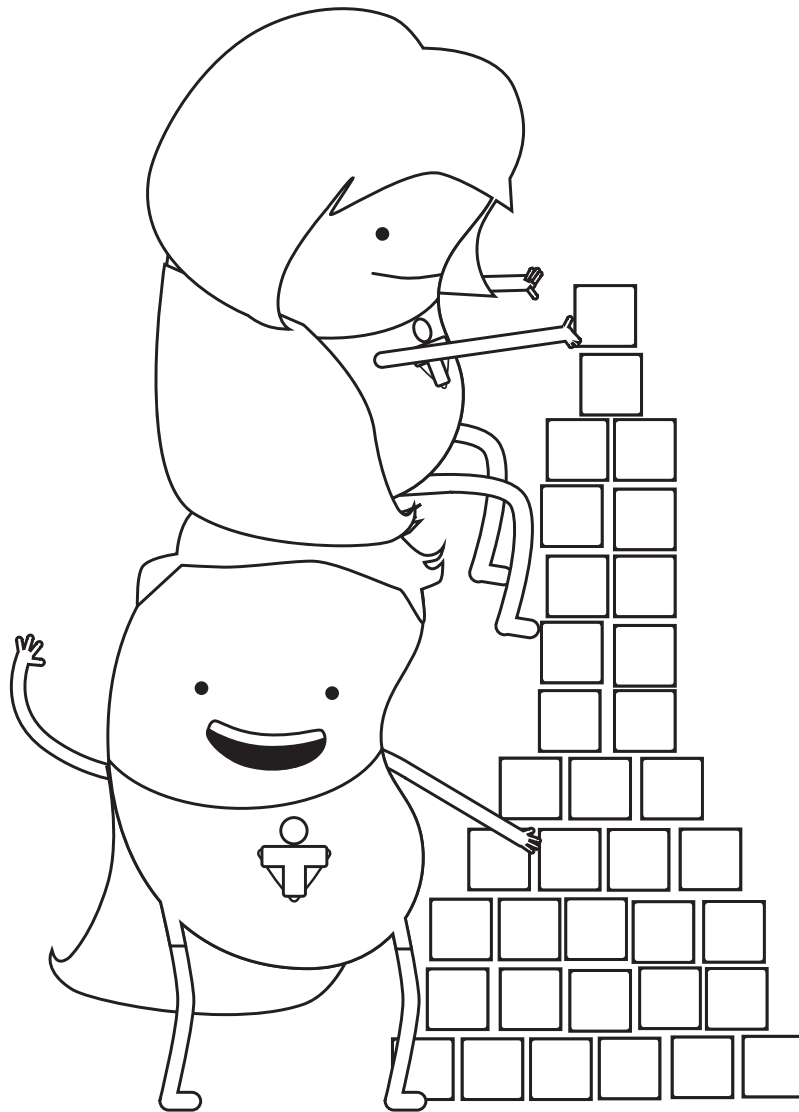




HEALTHY KIDNEYS

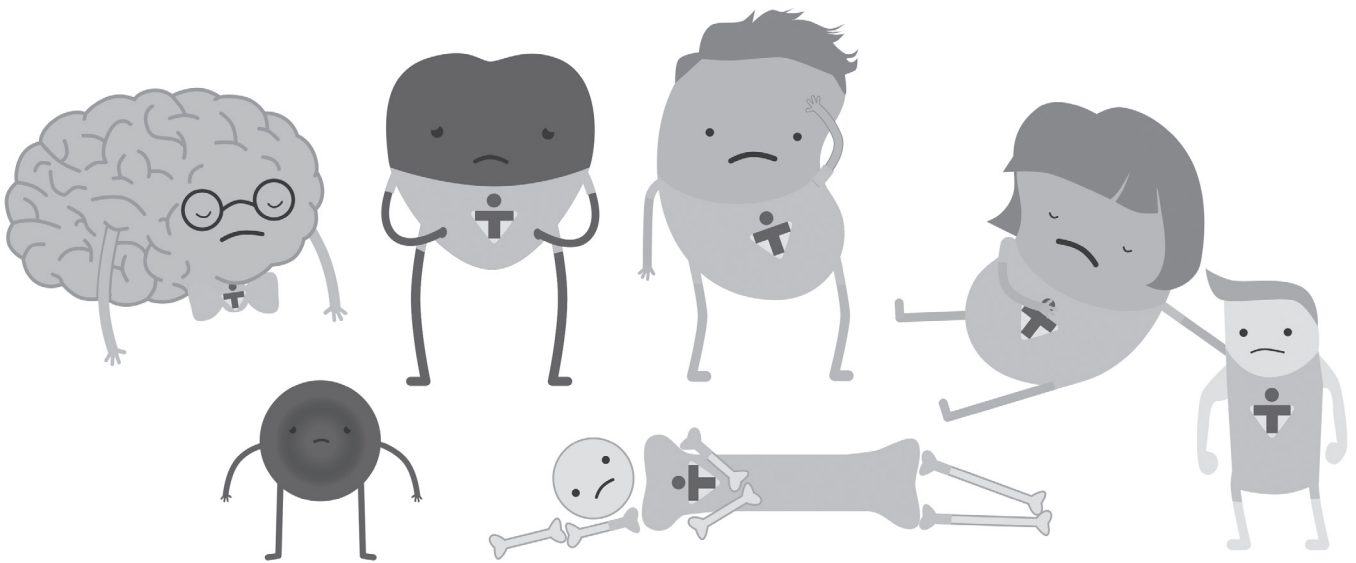
ACID BALANCE ACTIVITY SHEET



These foods are lower in acid. Give the food some colour!



If the Kidney Twins cannot balance acid in your body, who feels sick? Write their names below.



• _____
• _____
• _____

• _____
• _____
• _____

ACID BALANCE WORD SEARCH

Can you find these words? They can be forwards, backwards or diagonal.

B	S	M	M	E	T	A	B	O	P	W	L	I	M	A
C	U	A	A	A	C	I	D	H	O	S	A	I	I	C
E	S	I	L	E	J	J	A	B	P	T	N	T	X	I
X	C	T	L	T	T	R	G	S	N	E	B	S	E	D
F	K	N	D	D	M	Y	L	M	R	O	Z	E	G	R
O	B	N	A	A	I	P	D	A	T	H	R	N	T	P
X	P	C	C	L	Q	N	L	O	R	A	P	I	B	H
N	B	I	F	D	A	S	G	E	B	R	P	C	V	C
H	S	E	N	O	B	B	O	B	O	I	B	I	N	T
T	C	A	L	C	I	U	M	T	L	I	D	D	T	Y
K	I	D	N	E	Y	S	E	L	C	O	V	E	I	F
U	V	X	B	T	Q	I	S	A	U	U	C	M	K	F
O	D	Q	U	G	N	G	R	F	W	R	X	K	O	B
W	M	W	N	S	R	B	N	K	F	Y	B	D	S	B
K	Z	P	L	L	P	T	A	P	Q	P	V	N	H	O

- ACID
- BALANCE
- BICARB
- BODY TEAM
- BONES
- BUILDING BLOCKS
- CALCIUM
- KIDNEYS
- MEDICINES
- MINERALS
- PHARMACIST
- PILLS
- PROTEINS
- SALT
- WATER



What kind of foods can we eat to help our body if we have too much acid?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:

What kind of foods can we eat to help our body if we have too much acid?

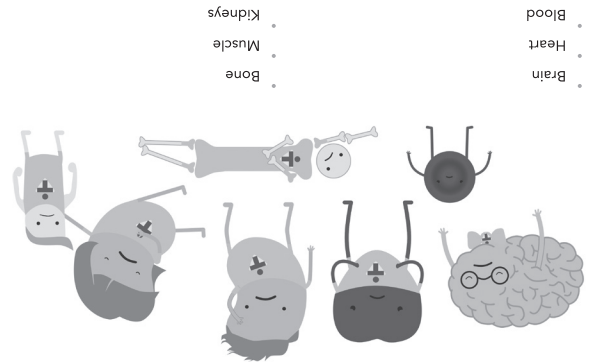
alfalfa, beet greens, beets, broccoli, cabbage, carrot, cauliflower, celery, chard greens, cucumber, green beans, green peas, kale, lettuce, mushrooms, mustard greens, peas, peppers, pumpkin, spinach, sprouts, tomatoes, watercress, apple, apricot, avocado, berries, blackberries, cantaloupe, dates, figs, grapes, grapefruit, honeydew, melon, lemon, lime, nectarine, orange, peach, pear, pineapple, raspberries, strawberries, plums, watermelon



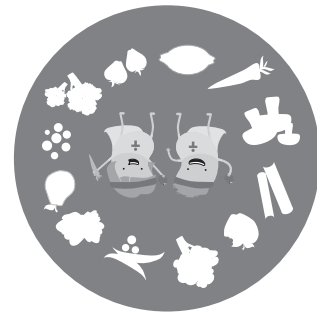
K	Z	P	L	L	P	T	A	P	Q	P	V	N	H	O
W	M	N	S	R	B	N	K	F	Y	B	D	S	B	
O	D	O	U	G	N	G	R	F	W	R	X	K	O	B
U	V	X	B	T	O	I	S	A	U	U	C	M	K	F
K	I	D	N	E	Y	S	E	L	C	O	V	E	L	F
T	C	A	L	C	I	U	M	T	L	I	D	D	T	Y
H	S	E	N	O	B	O	B	O	I	B	I	N	T	
N	B	I	F	D	A	S	G	E	B	R	P	C	V	C
X	P	C	G	L	O	N	L	O	R	A	P	I	B	H
O	B	N	A	A	I	P	D	A	T	H	R	N	T	P
F	K	N	D	D	M	Y	L	M	R	O	Z	E	G	R
X	C	T	L	T	T	R	G	S	N	E	B	S	E	D
E	S	I	L	E	J	A	B	F	T	N	T	X	I	
C	U	A	A	A	C	I	D	H	O	S	A	I	I	C
B	S	M	E	T	A	B	O	P	W	L	I	M	A	

ACID
BALANCE
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