

# WORLD KIDNEY DAY

[http://www.eslHolidayLessons.com/03/world\\_kidney\\_day.html](http://www.eslHolidayLessons.com/03/world_kidney_day.html)

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

## THE READING / TAPESCRIPT

World Kidney Day is on the 12th of March. It started in 2006 and has grown quickly. In its first year, 66 countries celebrated it and two years later that number rose to 88. The day is a joint venture of the International Society of Nephrology and the International Federation of Kidney Foundations. The aim of the day is to raise awareness about the importance of our kidneys. Campaigns and campaigners also want to highlight how harmful kidney disease is, and spread the message that most forms of kidney disease are treatable. Few of us ever stop to think about our kidneys. Perhaps even fewer know exactly what they are and what they do. Our two kidneys form an amazing organ that keeps our body healthy.

So just what are our kidneys and what do they do, exactly? They are (of course) kidney-shaped organs each about the size of an apple. They are located under our rib cage, deep in our abdomen. Their main job is to keep our blood clean. They do this by filtering and removing poisons and excess water from our blood - 200 litres every day. They also help to control our blood pressure, and they produce red blood cells and keep our bones healthy. They're pretty busy all the time. Kidney disease can affect anyone - about ten percent of us suffer from it. Most of us don't know we have it because it rarely causes pain. If we have regular health and blood checks, doctors can quickly detect any disease early on and treat it.

## PHRASE MATCH

Match the following phrases from the article.

### Paragraph 1

- |                                 |                              |
|---------------------------------|------------------------------|
| 1. It started in 2006 and has   | a. about our kidneys         |
| 2. that number                  | b. keeps our body healthy    |
| 3. raise awareness about the    | c. disease are treatable     |
| 4. most forms of kidney         | d. grown quickly             |
| 5. Few of us ever stop to think | e. importance of our kidneys |
| 6. an amazing organ that        | f. rose to 88                |

### Paragraph 2

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. kidney-shaped organs each   | a. water from our blood       |
| 2. Their main job is           | b. about the size of an apple |
| 3. removing poisons and excess | c. on and treat it            |
| 4. They also help to control   | d. we have it                 |
| 5. Most of us don't know       | e. to keep our blood clean    |
| 6. detect any disease early    | f. our blood pressure         |

## LISTENING GAP FILL

World Kidney Day is on the 12th of March. It started in 2006 \_\_\_\_\_ . In its first year, 66 countries celebrated it and two years later that number rose to 88. The day \_\_\_\_\_ of the International Society of Nephrology and the International Federation of Kidney Foundations. The aim of the \_\_\_\_\_ awareness about the importance of our kidneys. Campaigns and campaigners also want to highlight how harmful kidney disease is, and spread the message \_\_\_\_\_ kidney disease are treatable. Few of us ever stop to think about our kidneys. Perhaps even \_\_\_\_\_ what they are and what they do. Our two kidneys form an amazing \_\_\_\_\_ body healthy.

So just what are our kidneys and what \_\_\_\_\_? They are (of course) kidney-shaped organs each about the size of an apple. They are located \_\_\_\_\_, deep in our abdomen. Their main job is to keep our blood clean. They do this by filtering and removing poisons and \_\_\_\_\_ our blood - 200 litres every day. They also help to control our blood pressure, and they produce red blood cells and \_\_\_\_\_ healthy. They're pretty busy all the time. Kidney disease can affect anyone – about ten percent \_\_\_\_\_. Most of us don't know we have it because it rarely causes pain. If we have regular health and blood checks, doctors can quickly detect any disease \_\_\_\_\_.

## WHILE READING / LISTENING GAP FILL

**Put the words into the gaps in the text.**

World Kidney Day is on the 12th of March. It started in 2006 and has \_\_\_\_\_ quickly. In its first year, 66 countries celebrated it and two years later that number \_\_\_\_\_ to 88. The day is a \_\_\_\_\_ venture of the International Society of Nephrology and the International Federation of Kidney Foundations. The aim of the day is to \_\_\_\_\_ awareness about the importance of our kidneys. Campaigns and campaigners also want to highlight how \_\_\_\_\_ kidney disease is, and spread the message that most forms of kidney disease are \_\_\_\_\_. Few of us ever stop to think about our kidneys. Perhaps even \_\_\_\_\_ know exactly what they are and what they do. Our two kidneys form an amazing \_\_\_\_\_ that keeps our body healthy.

*harmful*

*joint*

*fewer*

*raise*

*grown*

*organ*

*rose*

*treatable*

So just what are our kidneys and what do they do, \_\_\_\_\_? They are (of course) kidney-shaped \_\_\_\_\_ each about the size of an apple. They are located under our rib cage, deep in our abdomen. Their main job is to keep our blood \_\_\_\_\_. They do this by filtering and removing poisons and \_\_\_\_\_ water from our blood - 200 litres every day. They also help to \_\_\_\_\_ our blood pressure, and they produce red blood cells and keep our bones \_\_\_\_\_. They're pretty busy all the time. Kidney disease can affect anyone - about ten percent of us \_\_\_\_\_ from it. Most of us don't know we have it because it rarely causes pain. If we have \_\_\_\_\_ health and blood checks, doctors can quickly detect any disease early on and treat it.

*suffer*

*organs*

*clean*

*healthy*

*exactly*

*regular*

*control*

*excess*

## CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

World Kidney Day is on the 12th of March. It started in 2006 and has *grown / growth* quickly. In its first year, 66 countries celebrated it and two years later that number *flower / rose* to 88. The day is a *joint / jointly* venture of the International Society of Nephrology and the International Federation of Kidney Foundations. The aim of the day is to *raise / rise* awareness about the importance of our kidneys. Campaigns and campaigners also want to *highlighter / highlight* how harmful kidney disease is, and spread the message that most forms of kidney disease are *treating / treatable*. *Few / Couple* of us ever stop to think about our kidneys. Perhaps even fewer know exactly what they are and what they do. Our two kidneys form an *amazing / amazed* organ that keeps our body healthy.

So just what are our kidneys and what do they do, *exact / exactly*? They are (of course) kidney-shaped organs each about the *size / sizes* of an apple. They are located under our *rib / rip* cage, deep in our abdomen. Their main job is to keep our blood clean. They do this by filtering and removing poisons and *excess / access* water from our blood - 200 litres every day. They also help *by / to* control our blood pressure, and they produce red blood cells and keep our bones healthy. They're *pretty / cute* busy all the time. Kidney disease can affect anyone – about ten percent of *us / we* suffer from it. Most of us don't know we have it because it rarely causes pain. If we have regular health and blood checks, doctors can quickly detect any disease early on and *threat / treat* it.

## MULTIPLE CHOICE

World Kidney Day is on the 12th of March. It started in 2006 and has (1) \_\_\_\_\_ quickly. In its first year, 66 countries celebrated it and two years later that number rose to 88. The day is a (2) \_\_\_\_\_ venture of the International Society of Nephrology and the International Federation of Kidney Foundations. The aim of the day is to (3) \_\_\_\_\_ awareness about the importance of our kidneys. Campaigns and campaigners also want to highlight how (4) \_\_\_\_\_ kidney disease is, and spread the message that most forms of kidney disease are treatable. (5) \_\_\_\_\_ of us ever stop to think about our kidneys. Perhaps even fewer know exactly what they are and what they do. Our two kidneys form an (6) \_\_\_\_\_ organ that keeps our body healthy.

So just what are our kidneys and what do they do, (7) \_\_\_\_\_? They are (of course) kidney-shaped organs each about the size of an apple. They are located under our rib (8) \_\_\_\_\_, deep in our abdomen. Their main job is to keep our blood clean. They do this by filtering and removing poisons and (9) \_\_\_\_\_ water from our blood - 200 litres every day. They also help to control our blood pressure, and they produce red blood cells and keep our bones healthy. They're (10) \_\_\_\_\_ busy all the time. Kidney disease can affect anyone - about ten percent of us suffer from it. Most of us don't know we have it because it (11) \_\_\_\_\_ causes pain. If we have regular health and blood checks, doctors can quickly detect any disease early on and (12) \_\_\_\_\_ it.

### Put the correct words from this table into the article.

- |     |             |             |               |              |
|-----|-------------|-------------|---------------|--------------|
| 1.  | (a) grown   | (b) growth  | (c) grower    | (d) grows    |
| 2.  | (a) jointed | (b) joints  | (c) jointly   | (d) joint    |
| 3.  | (a) rise    | (b) risen   | (c) raise     | (d) arise    |
| 4.  | (a) harmful | (b) harmed  | (c) harmless  | (d) harms    |
| 5.  | (a) Couple  | (b) Few     | (c) Three     | (d) Numerous |
| 6.  | (a) amazed  | (b) amazing | (c) amazement | (d) amazes   |
| 7.  | (a) exact   | (b) exacted | (c) exactly   | (d) exacts   |
| 8.  | (a) box     | (b) bag     | (c) room      | (d) cage     |
| 9.  | (a) access  | (b) excess  | (c) exits     | (d) except   |
| 10. | (a) pretty  | (b) cute    | (c) beautiful | (d) lovely   |
| 11. | (a) rare    | (b) really  | (c) rarely    | (d) real     |
| 12. | (a) threat  | (b) tweet   | (c) treats    | (d) treat    |

## SPELLING

Spell the jumbled words (from the text) correctly.

### Paragraph 1

1. grown lykiquc
2. a tnoij venture
3. to sraie awareness
4. apedsr the message
5. ewfre know exactly what they are
6. an amazing ronga

### Paragraph 2

7. kidney-esdhpa organs
8. oatdlc under our rib cage
9. keep our boold clean
10. control our blood repsersu
11. They're rettpy busy
12. ettcde any disease

## PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- ( ) harmful kidney disease is, and spread the message that most forms of kidney disease are treatable. Few of us ever
- ( ) countries celebrated it and two years later that number rose to 88. The day is a joint venture of the
- ( ) International Society of Nephrology and the International Federation of Kidney Foundations. The aim of the
- ( ) healthy. They're pretty busy all the time. Kidney disease can affect anyone – about ten percent of us suffer
- ( ) of an apple. They are located under our rib cage, deep in our abdomen. Their main job is to keep our blood
- ( ) day is to raise awareness about the importance of our kidneys. Campaigns and campaigners also want to highlight how
- ( **1** ) World Kidney Day is on the 12th of March. It started in 2006 and has grown quickly. In its first year, 66
- ( ) stop to think about our kidneys. Perhaps even fewer know exactly what they are and what they
- ( ) from it. Most of us don't know we have it because it rarely causes pain. If we have regular
- ( ) health and blood checks, doctors can quickly detect any disease early on and treat it.
- ( ) day. They also help to control our blood pressure, and they produce red blood cells and keep our bones
- ( ) clean. They do this by filtering and removing poisons and excess water from our blood - 200 litres every
- ( ) do. Our two kidneys form an amazing organ that keeps our body healthy.
- ( ) So just what are our kidneys and what do they do, exactly? They are (of course) kidney-shaped organs each about the size

## SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. It quickly grown has and 2006 in started

---

2. celebrated year it , In 66 its countries first

---

3. raise kidneys our of importance the about awareness

---

4. of disease treatable forms kidney are most

---

5. Our kidneys an organ two form amazing

---

6. located our cage are under rib They

---

7. job blood is clean to Their keep main our

---

8. filtering by this do They poisons removing and

---

9. blood our control to help also They pressure

---

10. doctors on early disease any detect quickly can

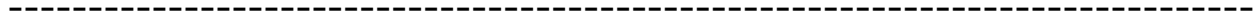
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**DISCUSSION (Write your own questions)**

**STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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**DISCUSSION (Write your own questions)**

**STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# THE WORLD KIDNEY DAY SURVEY

Write five questions about World Kidney Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

**Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.**



## HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about World Kidney Day. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about World Kidney Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. POSTER:** Make your own poster about World Kidney Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.