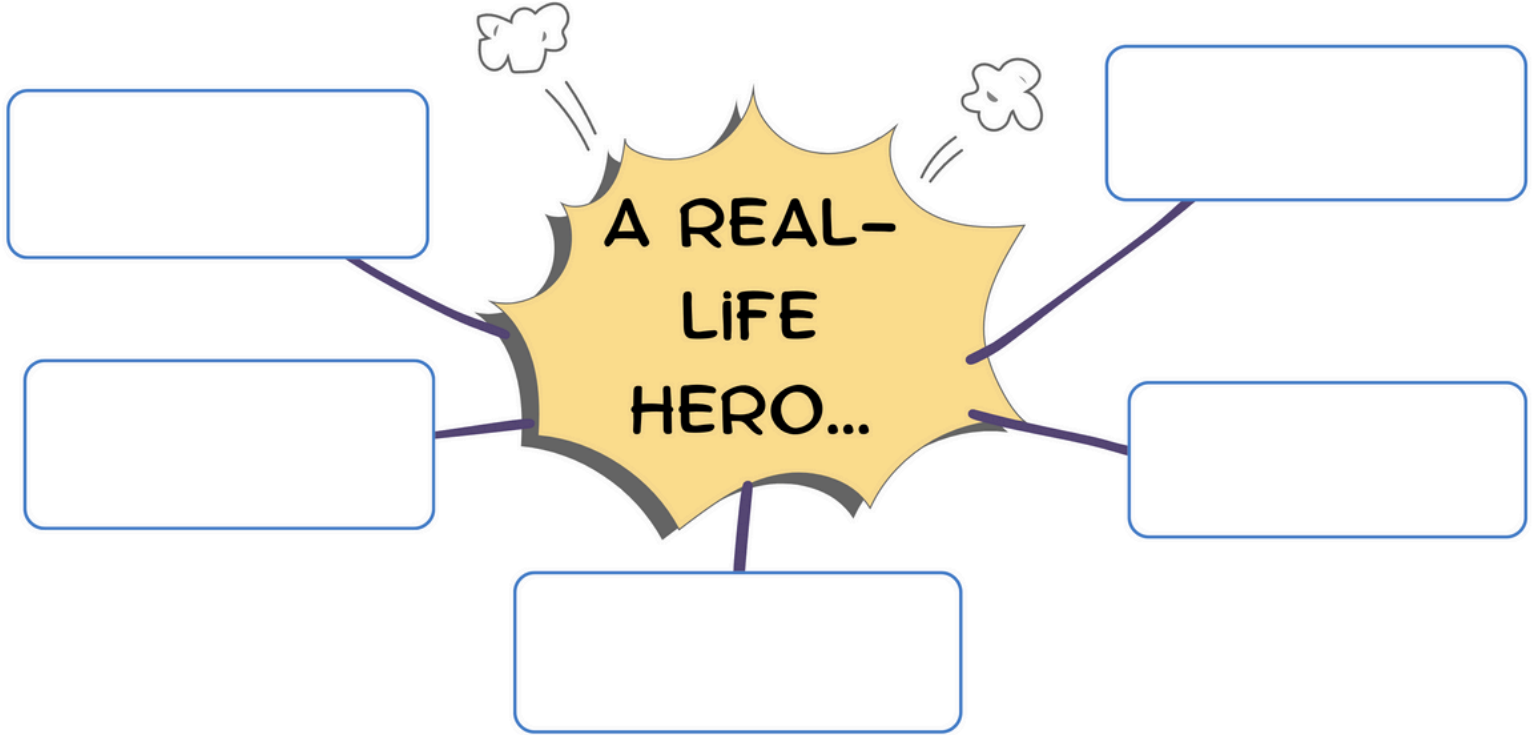


Lesson One

ACTIVITY 1: In your pairs, think about the qualities of a real-life hero and finish off the 5 sentences.



TRUE

ACTIVITY 2: In your pairs, draw lines to match each statement to the correct side.

FALSE

- Today in the UK, it is estimated that around 7.2 million people are currently living with Chronic Kidney Disease (CDK).
- Kidney failure is up to five times more common in people from minority ethnic groups.
- Patients who stay on dialysis usually live longer and have a better quality of life than kidney transplant patients.
- Black, South-Asian and minority ethnic patients often have to wait much longer for a successful kidney transplant match than white patients, due to a shortage of suitably matched donors.
- In Islam, it is not permitted to donate your kidneys in order to save someone's life.
- Living with one kidney can shorten your life.



Lesson Two

ACTIVITY 3: In your pairs, answer the following questions in your own words.

What is living kidney donation?

What is a kidney transplant?

What is the easiest way to find a matching donor?

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ACTIVITY 4: In your pairs, use the pictures as clues to list 7 ways that we can keep our kidneys healthy











