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We should...



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Use the pictures as clues to list 7 ways that we can keep our kidneys healthy



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a) drink lots of water

b) eat less sugar

c) get regular check-ups

d) eat lots of fruit and vegetables

e) eat less salt

f) exercise daily

g) get plenty of sleep

# Keeping our kidneys healthy

Use the pictures as clues to list 7 ways that we can keep our kidneys healthy



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