



Urine - Why is wees yellow?

Fact

- The yellow colour comes from bile.
- Bile is a chemical that's made, in your gall bladder, to help break down food (especially fatty foods). When tiny bits of food are absorbed into the bloodstream some bile gets absorbed too.
- When the bile mixes with your blood it has a chemical reaction which turns it from brown into the yellow colour which colours your wees.
- Wees is the liquid waste from your body - the bits that dissolve in water that your body doesn't need anymore.
- Wees is also made up from the excess water and salts that your body needs to get rid of.
- The more water you drink the more your wees is diluted.

Do you know

- Your body makes wees day and night because your blood is travelling round your body and through your kidneys all the time (it slows down a bit at night time).
- Your kidneys filter out the waste from your blood and sends them down long tubes into your bladder.
- Your bladder is like a wrinkled prune when it's empty but it fills up like a water bomb balloon. When it can't fit in any more wees, it sends a message to your brain to tell you to go to the loo.
- Food like asparagus can make your wees smelly.

Experiments you can do

- Check out the colour of your wees first thing in the morning when your body has spent all night producing a fresh batch.
- When is your wees most yellow?
- Drink lots of water during the day and notice how your wees change colour. When you drink lots of water you need to go to the loo more so you'll have lots of opportunities to notice the difference.

Other Investigations

Put your hands on your hips with your thumbs on your back. Inside you, just about where your thumbs are sitting are your kidneys. They work very hard, all day, every day to keep your blood clean. Use a coffee filter or a paper towel to see how they do it. Mix some dirt and dust with some water and pour the water through the coffee filter. The filter will trap all the dust and dirt just like your kidneys filter out the waste from your blood.

Joke

Have you heard of the book "Rusty Bedsprings"? It's by I.P. Nightly
From Suzanne Tompkins

Why did the Urine go to the 100 acre wood? To see Pooh. *From Mikayla*