

# BODIES OF WATER



All living things contain water. In fact, your body is mostly water, even though you don't feel wet or make sloshing sounds. Most of the water in your body is contained within your cells - in your blood and tissues. Water keeps your organs moist and helps your systems function.

## WATER IQ

Match up the items below with the percent of water they contain.

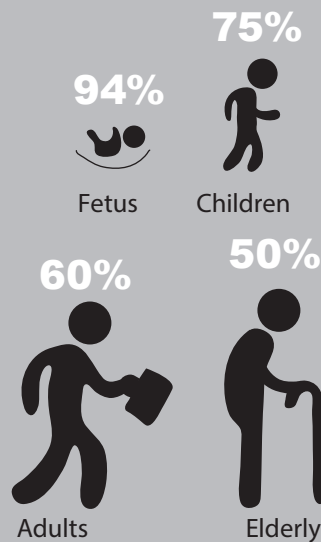
Potato Chip	88%
Pizza	70%
Ice Cream	94%
Water Melon	49%
Banana	2%
Elephant	92%
Oranges	61%
Chicken	87%
Tomatoes	75%

What's the difference between a



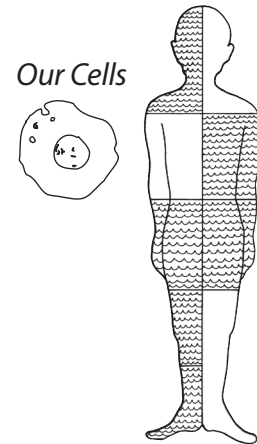
## LIFE STAGES

Did you know?



## BODY PERCENTAGE

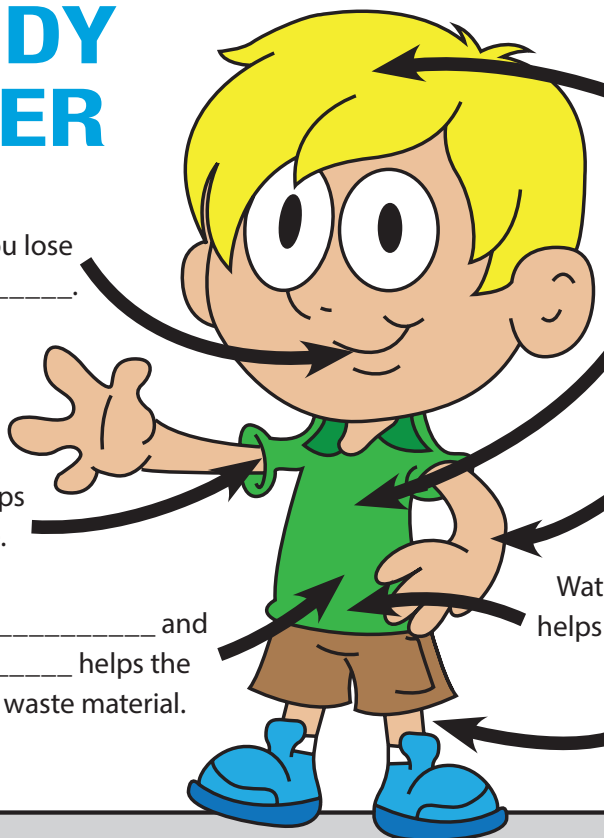
Cells: Water is a vital nutrient to the life of every cell and acts as building materials. It also helps regulate internal body temperature; helps make nutrients and transports them in our cells; assists in flushing waste; lubricates joints; forms saliva and acts like a shock absorber for the brain, spinal cord and unborn babies.



The percentage of water in a human body is approximately

**65%**  
to  
**75%**

## OUR BODY OF WATER



When you \_\_\_\_\_ you lose carbon dioxide and \_\_\_\_\_.

Your brain is \_\_\_\_\_% water. Water keeps your brain active and alert!

Water helps control body \_\_\_\_\_ and moves \_\_\_\_\_ out of the skin.

Water helps maintain \_\_\_\_\_ tone and keeps your \_\_\_\_\_ supple.

Water in your \_\_\_\_\_ helps bones slide more smoothly.

Water in your \_\_\_\_\_ and large \_\_\_\_\_ helps the body remove waste material.

Water is part of a \_\_\_\_\_ diet. It helps in digesting food for \_\_\_\_\_.

Water in body fluids such as \_\_\_\_\_ carries nutrients through out the \_\_\_\_\_.

Intestine	75	Energy	Temperature	Blood	Body	Waste
Exhale	Skin	Healthy	Water	Kidneys	Joints	Muscle