WATER

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SOURCES OF DRINKING WATER

sorts of places. Stream

Water

comes

from all

Reservoir



River

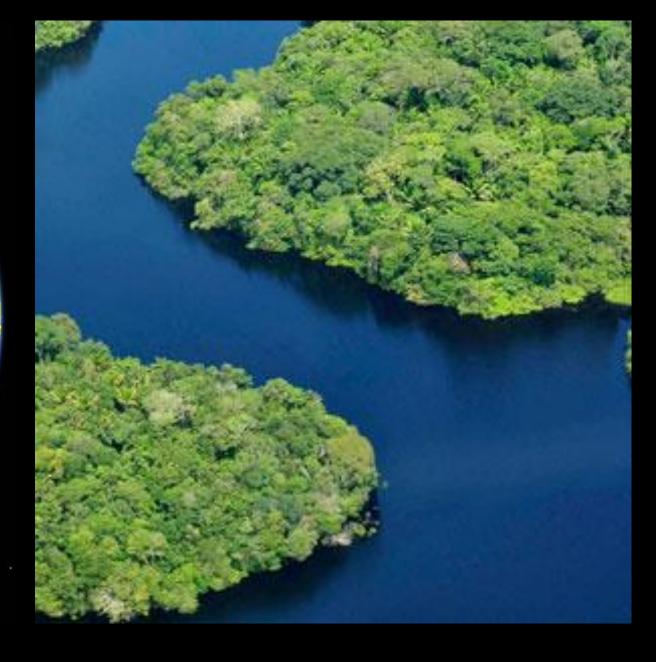
Spring

Pond

E C

Well

About 71% of the Earth's surface is covered in water! Almost all Earth's water is in the oceans.



Did you know that only 3% of the **Earths** water is fresh?





Springs are where most bottled water comes

trom

What Does Water do for You?

Forms saliva (digestion)

Keeps mucousal nembranes moist

llows body's cells o grow, reproduce and survive

ushes body waste, mainly in urine

Lubricates joints

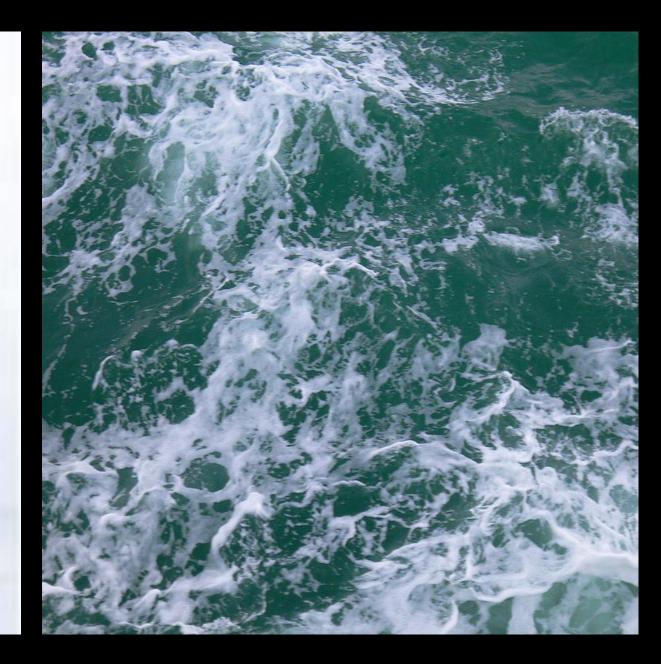
Water is the major omponent of most body parts Needed by the brain to manufacture hormones and neurotransmitters

> Regulates body temperature (sweating and respiration)

Acts as a shock ab for brain and spir

Converts for componer survival Did you know that our bodies are mostly made of water?

Nearly 97% of the world's water is salty or undrinkable









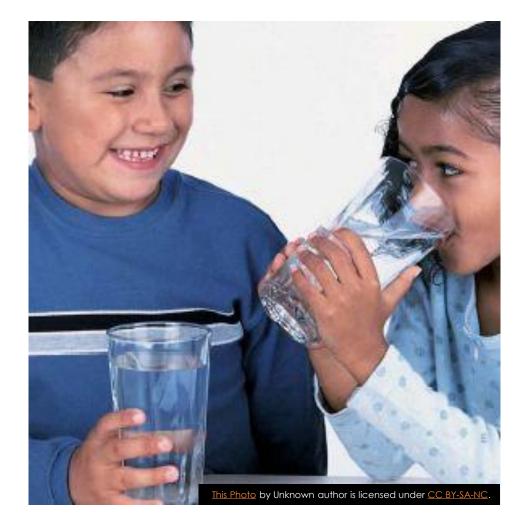






If you drink any of these drinks you may want to think about having water.

Water gives your body lots of energy!

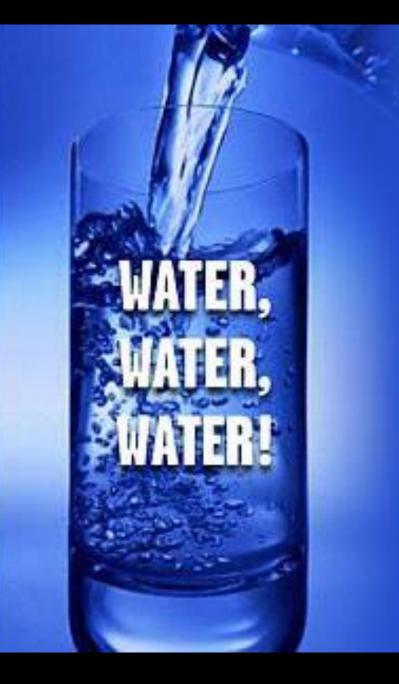


DID YOU KNOW THATATPOPULAR FAST-FOOD RESTAURANT'S A CHILD SIZED POP TODAY WAS CALLED A KING-SIZED POPIN THE 50.81





Water is always the best choice.



In the first 6 months of life children consume 7 times as much water per pound as an average adult.





If you want to try something new every once in while, try water with fruit in it.







Q: Why do fish live in salt water?

A: pepper makes them sneeze!

> **Q. Where can you** find an ocean with no water?

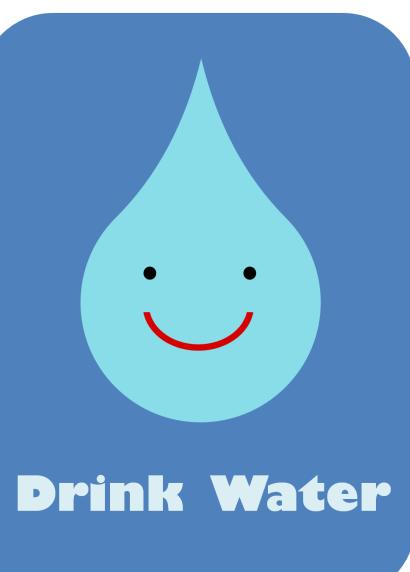
> > A. On a map

never walks?

A. Water

). What runs but Q. What kind ofrocks are never under water? Dry ones A.

Remember to drink water it's the best choice for your health.



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