

## WATER

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## Water SOURCES OF DRINKING WATER

## comes

from oll sorits of places, Stream

## Reservoir +1 er Pond

## Lake

River

## About $71 \%$ of the

Earth's'surface is? M

## coveredin $=3$.

## water.

## $\square$



## Almost all

 Earth's weter is in the oceans.



What Does Water do for You?

Forms saliva (digestion)

Keeps mucousal nembranes moist

Nlows body's cells 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 (sweatir and respiration)

Acts as a shock ab for brain and spir

## Did you know that our bodies are mostly made of water?




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



DID YOU KNOW THAT AT POPULEAR FAST-FOOD RBSTAURANTIS A CHILD SHZED PoP TODAY NAS
CALEED A KINGSTZED POP IN THE 50 S!


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!

A. Water Q. What find of rocks are never under water? A. Dry ones

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

