



Water For Life

Q4: We lose a little more than a cup of water a day when we breathe from what parts of the body?

Answer: Mouth and nose

Water For Life

Q3: What do you call the water that the body uses to help swallow food?

Answer: Saliva

Water For Life

Q2: How does the body use water to keep us cool when we are hot?

Answer: Sweat

Water For Life

Q1: What is the amount of water in a child's body?

Using the Human Body poster in the kit, starting from the feet and going up, place the star next to closest amount:

- A:** At ankle level
- B:** At knee level
- C:** At waist level,
- D:** At chest level
- E:** At neck level
- F:** To the top of the head?

Answer: At chest level

Water For Life

Q8: Dehydration, or not drinking enough, can make you and what organ lose concentration and your ability to do mental tasks?

Answer: Brain

Water For Life

Q7: Dehydration, or not drinking enough water, can restrict airways and what organ?

Answer: Lungs

Water For Life

Q6: Drinking daily amounts of water can reduce wrinkles where?

Answer: Skin

Water For Life

Q5: Where and in what system does water helps us breakdown food every day?

Answer: Digestive system: stomach, large and small intestines