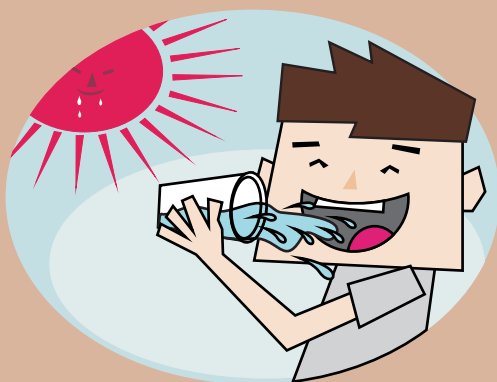
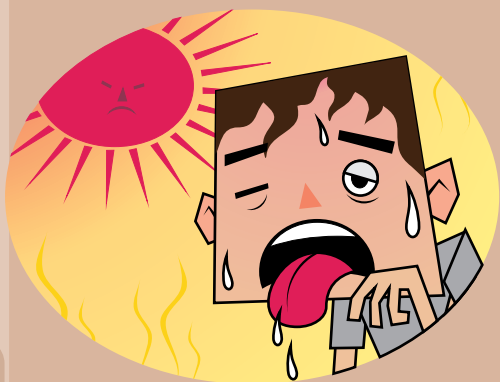


Story Time

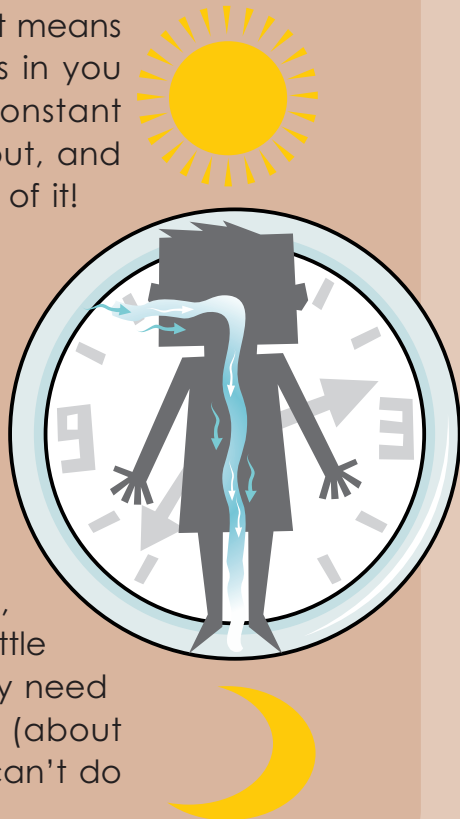
My lips are dry

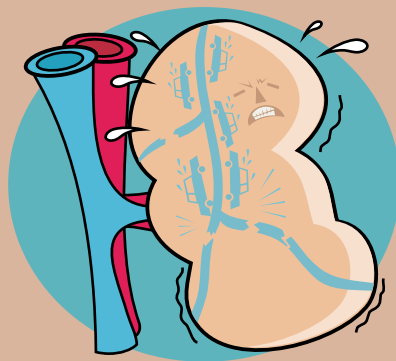
Hey, kids! Remember how it feels when you are thirsty? Your throat seems like parched with fire. Your lips crack. It feels like you are in a big stove, and a bottle of soda is all you want. It's awful to feel thirsty!



Do you know that on average kids like you have about 65% of your weight as water? That means if you weigh like 60 pounds, 40 pounds in you is water! But water does not remain constant in your body. It keeps coming in and out, and becomes less if you don't drink enough of it! That's when the thirst kicks in.

Water does critical things for us, like transporting nutrients in the bloodstream and flushing waste mainly by peeing. It also helps prevent overheat by helping you sweat, expelling heat, and cooling you down under the scorching sun. But if you keep losing water, you turn dizzy and listless, and may even pass out if you drink too little for too long! To be healthy, we generally need to take at least half a gallon of water (about eight 8-ounce glasses) every day. Just can't do without water!





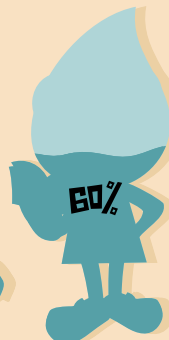
Kidneys are the transport hub inside our body. It will collapse if without adequate water intake.



Baby



Child

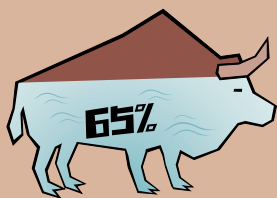


Adult



Senior

How much water is inside our body through the lifetime.



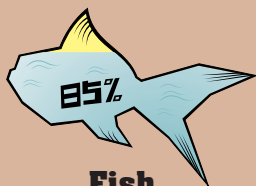
Cattle



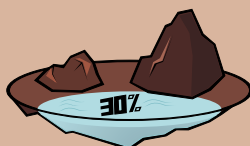
Apple



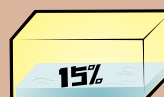
Tree



Fish



Soil

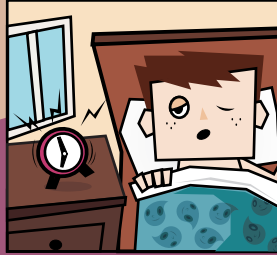


Cream

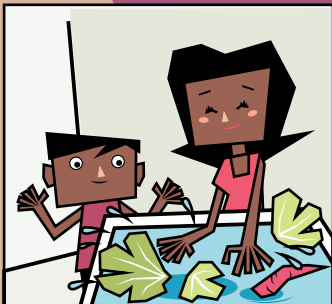
Water in six common items

with water

THINK^{???}: When and where do you use water during the day?
Write your answers below!



I use water
when...





You need water earlier in a day than you might think. Recall a fresh breakfast. Whether it is a salad of fruits, pieces of bread, or a glass of milk that you have, they all need water to grow, produce, or process. If you are careful with mouth hygiene, you would also use water to wash your mouth after breakfast...



We Can't Do
Without You!

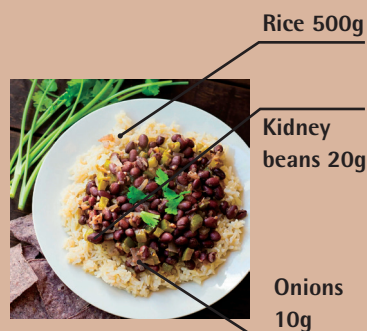
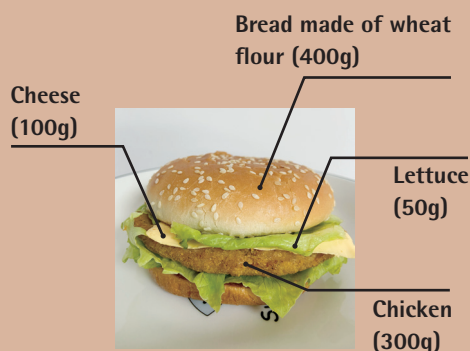
**Do all our food need
water to make?**



The answer is YES! You may be surprised to know how much water is needed to make our food:

- 1 kilogram of wheat need 1,608 litres of water;
- 1 kilogram of milk need 1,020 litres of water;
- 1 kilogram of lettuce need 237 litres of water;
- 1 kilogram of chicken meat need 4,325 litres of water;
- 1 kilogram of rice need 2,500 litres of water;
- 1 kilogram of dried beans need 5,053 litres of water;
- 1 kilogram of onion need 270 litres of water.

Do the math: How much water is needed to make a chicken burger or a plate of beans and rice? Find the clues in the picture below!



My answer is:

