

Water Notes

Fill in the correct answers as you view the Ted-Ed video about water.

Where's the Water Hiding?

- Water makes up _____% of the average human compared to _____% of newborns.
- It's found in cells, bones, our _____ and _____.

Water Works: Functions

- Cushions and lubricates _____.
- Regulates _____.
- Nourishes the _____ and _____ cord.

Necessary Intake

- How much do males need? _____
- How much do females need? _____
- What about tea and coffee? Acceptable or not?

- Which foods contain water (circle them): crackers, watermelon, bacon, cucumbers, lettuce, candy, cereal, eggs, soup, oranges, lemons, apples

Problems

- We lose 2-3 liters of water daily. True or False
- Water deficiency is called _____
- Effects of this deficiency include:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
- Explain water intoxication and why it is harmful?

