

## Your body and water

### Why do we need to drink water?

Every day we take in water when eating and drinking and we get rid of water when we go to the toilet, when we sweat, and when we breathe out.

We can survive several weeks without food but only a few days without water. Scientists tell us that children need to drink at least 1 litre of water every day to keep healthy.

So why do we need all this water?

Well, over half your body weight is made up of water. Your brain is 85% water, blood is 83% water, muscle is 75% water - even bones are 22% water!

Your body needs water to:

- clean the blood as it passes through the kidneys
- bathe tissue and cells
- keep our body at the correct temperature
- carry oxygen around the body
- carry nutrients to body organs
- help digest food
- prevent a build up of salts
- help remove carbon dioxide and waste products

### What sort of water should we drink?

Don't wait until you're thirsty to drink! By the time you get really thirsty, you're already dehydrated. Drinking lots will help keep your body healthy.

But what sort of water? There are lots of different types of bottled water in the shops – still water and sparkling water. And there's water from the taps.

The makers of bottled water claim that their water has been purified and contains lots of good salts and minerals. But tap water in Britain is very clean and often contains the same salts and minerals as bottled water.

Also, many people can't taste the difference between tap water and bottled water.

So it doesn't matter much which water you drink – as long as you drink plenty!  
And remember – tap water is by far the cheapest.

## Water and animals

Fish breathe underwater using gills which absorb oxygen from the water into their bloodstream.

Amphibians (frogs, toads and salamanders) live part of their life in water and part on land. Even those species that lay eggs on land start life in a fluid-filled egg, breathing through gills.

**Make sure your pets have plenty of fresh water to drink – especially in hot weather!**