

Water: The Perfect Drink



Water makes up 55-75 percent of your body weight. It plays a role in everything your body does every day.

Water plays a starring role in every cell, organ, and system in your body. It makes up all body fluids, acts as a lubricant and protectant, aids in digestion and elimination of waste from the body and it regulates body temperature.

While most of your fluid needs should be met by drinking water, it is available from other beverages, soups and even foods. Skim milk, 100% fruit juice, and decaffeinated teas are mostly water, so go ahead and count them toward your daily goal. Fruits and vegetables also contain a fair amount of water.

Tap water is low in sodium and it may have fluoride, which is good for our teeth.

R A K Y V E F P S B E Q N E R
D J D R Y R Y K R B R E R J C
Y O F J U C O L D R D K R C Y
B X O I R E T A W O L Y H Z O
U E T H W J M O W E U S I J S
V S X H E M B M Q C G R E H H
E R A N Q V H U W F U H L D Z
G E J T J V J J Z Y K P C G T
G I O I L T C H Y J A J U A Y
I I K Y P D D T E U A N T N Y
E Y M N X J R W G A V W T O F
S O A O I K K U R I L E A H M
R J U P J R A X V U I T L F F
X N T L C Q D L Z Y V Z H J B
Z E B Q Z F V K W L P Q J Y J

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