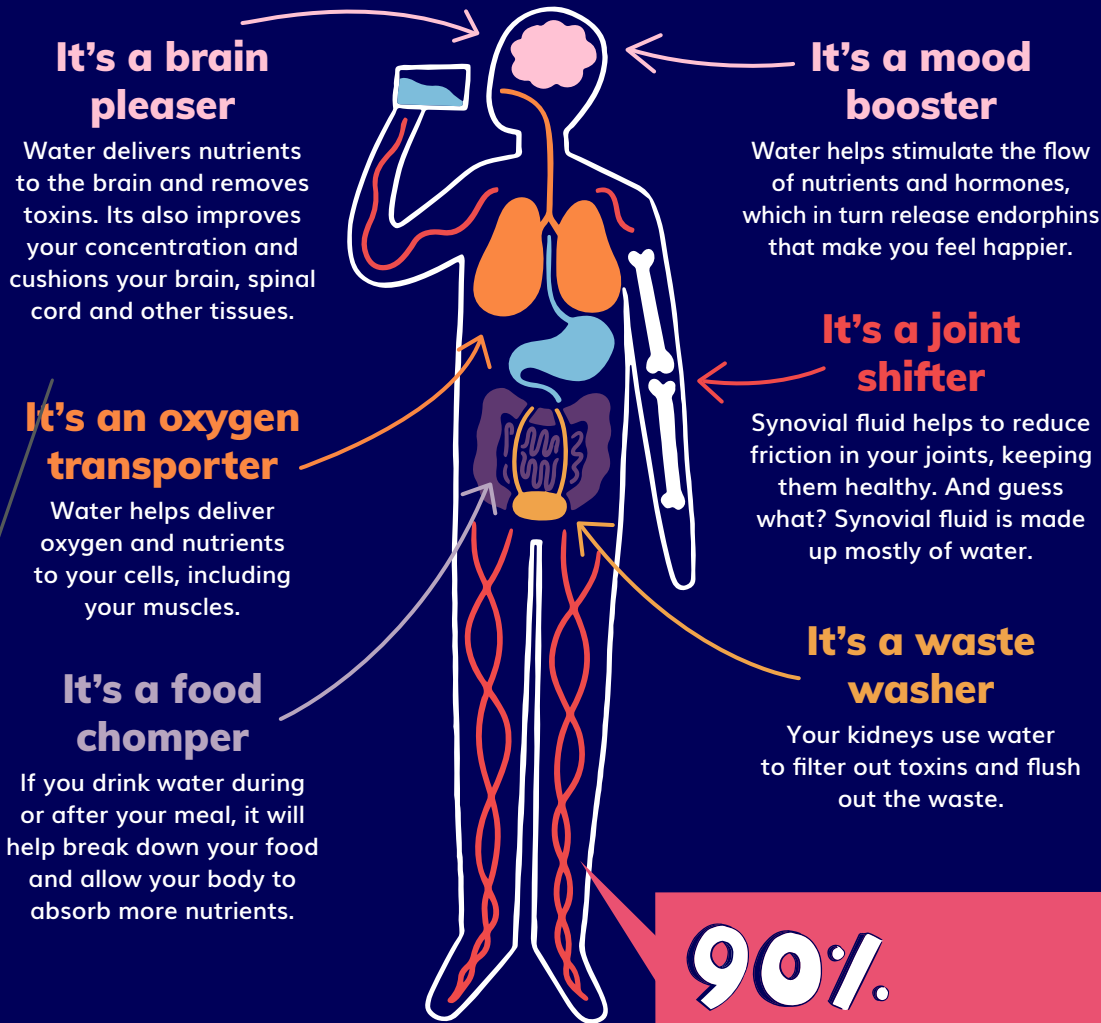
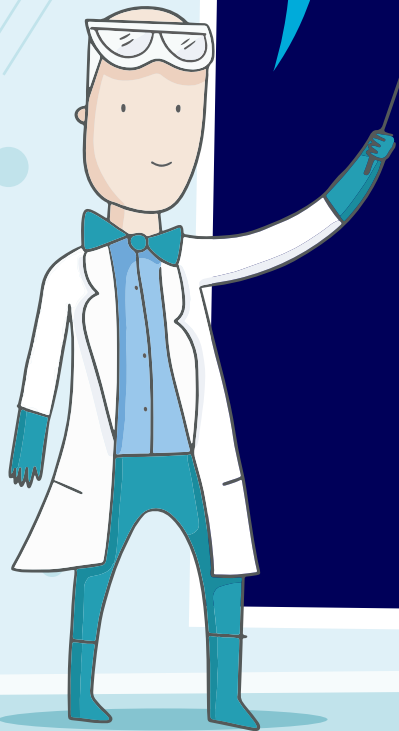


# WHY WE NEED WATER



Hi, Professor H<sub>2</sub>O here!  
I want to show you some of the ways water is working in your body right now!



**90%**  
of our blood is made up of water!

## 60-second quiz!

- Q How does water help to make you feel happy?  
.....
- Q In which part of the body does water help to filter out toxins?  
.....
- Q What is the name of the fluid that keeps your joints healthy?  
.....
- Q Why is it important to drink water during your meals?  
.....

## Amazing fact!

Your small and large intestines are more than **20 feet long**... that's about as tall as a giraffe!

