WHY IS WATER IMPORTANT?

# Sacerdotus: Earth DayIntroduction

We all know that water is essential to life on earth.

Let's have a closer look at why:

## Where water comes From - The water cycle

The water on our planet is always moving between the sky, the earth and the sea. It can do this because it can change from one form to another. The way water moves around the planet is called the water cycle.

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## Drinking water - Why do our bodies need water?

The body is comprised of over 60% Water. Water helps with all body operates operating all the time. It maintains hydration, digestion, heart and also lung function, joint lubrication, the security of our cells, regulating body temperature level, as well as much more.

## How does water help our everyday life?

Water industries help deliver water to homes in various cities and countries around the world for services such as sewage and plumbing. Water also plays a part in cooking.

## Water around the world

Most people around the world have access to clean drinking water but it is a major problem in poorer areas of the world. Water pollution and low-quality water can lead to dangerous bacteria, disease and viruses such as E coli.

## Water can just be fun!!

  
Water is also used for fun. Water sports are a very popular leisure activity and can include things like swimming, surfing and waterskiing. Ice and snow are also used in ice skating, ice hockey, skiing and snowboarding. Paddling pools and water guns are also fun for the summer.

# Summary

Water is one of the most important substances needed for life on earth for humans, plants and animals. Water is necessary not only for drinking but also for our day to day life purposes like bathing, cooking, cleaning, and washing and so on. We cannot imagine a life without water.