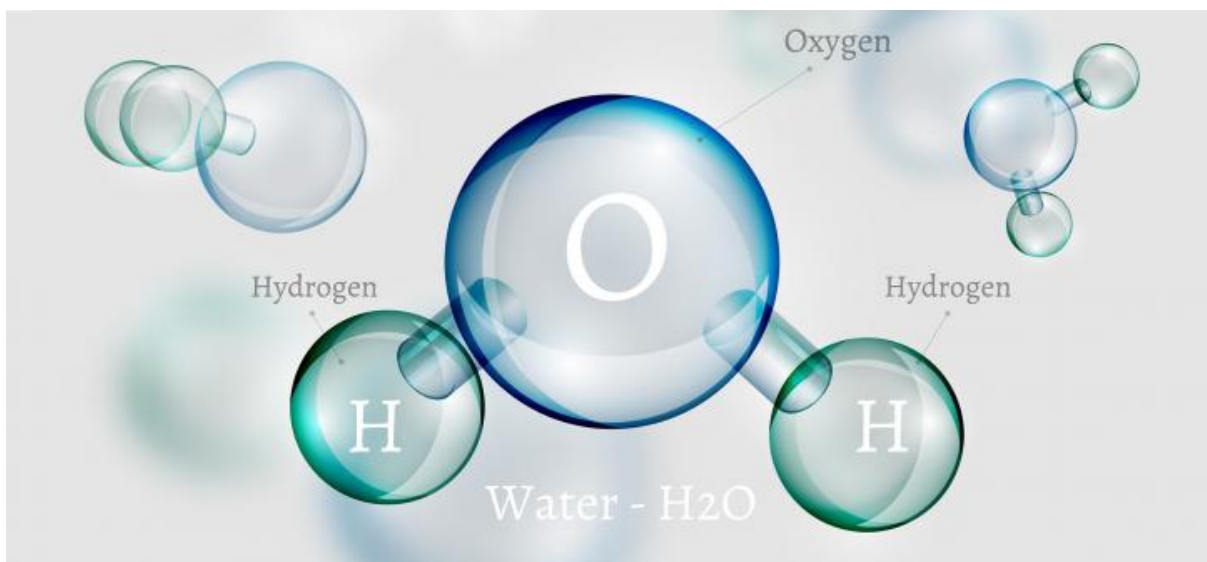


All About Water

What is water

Water is a substance composed of hydrogen and oxygen and existing in gaseous, liquid, and solid states. It is one of the most plentiful and essential of compounds. A tasteless and odourless liquid at room temperature, it has the important ability to dissolve many other substances. Water makes up 71% of the world and without it life would not survive in any form.



Why We Need Water

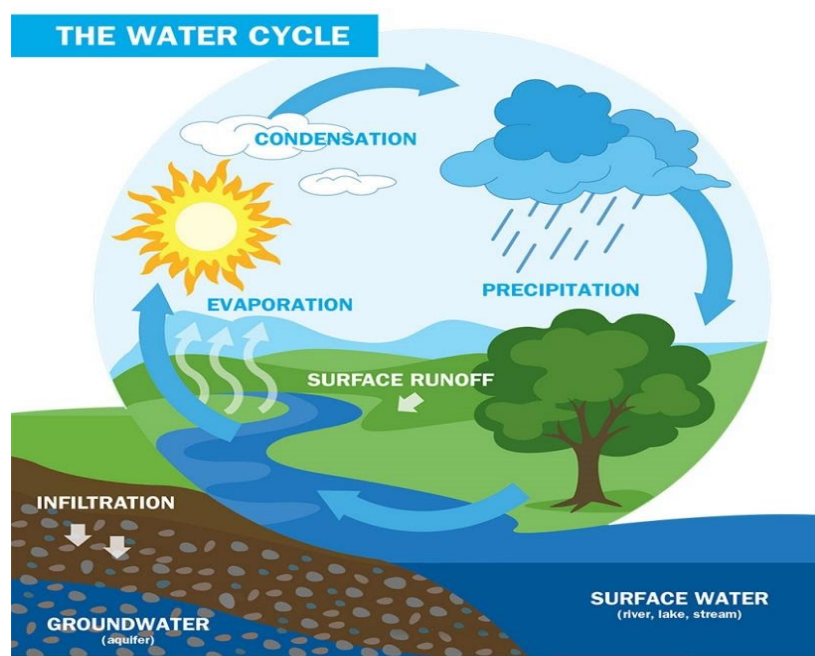
Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the

climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

Apart from drinking it to survive, people have many other uses for water. These include:

- cooking
- washing their bodies
- washing clothes
- washing cooking and eating utensils; such as billies, saucepans, crockery and cutlery
- keeping houses and communities clean
- recreation; such as swimming pools
- keeping plants alive in gardens and parks

The Water Cycle



The water cycle starts when surface water is evaporated. Then it turns into condensation and it gathers into clouds. The next step is precipitation which can be snow or rain then turns into streams and goes into. The surface water then gathers again.