

# Why Do I Need Water?

My body is made mostly of water. My skin covers me and keeps me from drying out. But everyday I lose water. So I must drink four to six glasses a day.

Water does not give me energy. But it helps in many other ways. Most of my blood is water. Water helps to move the food through me. Water helps to move the wastes out of my body. When I am sick, water helps wash the germs out of my body.

I can live for weeks without food. I could live only a few days without water.

1. What is my body made of mostly? water

2. How much water should I drink a day? \_\_\_\_\_

4 to glasses

3. What does water not do? \_\_\_\_\_

give me energy

4. Tell one thing water does. washes

the germs out of

my body

5. How long can I live without water? \_\_\_\_\_

only a few days

