How much of our body is made of water?

Water is contained in most food, fruits and vegetables about meat about

**Functions of water**

1.

2.

3.

4.

**Dehydration**

Dehydration comes from lack of

Drinking water will dehydration. is an indicator of dehydration.

Signs of dehydration:

Water is the most of all the essential nutrients

The body cannot long without water

Water acts as a Without sufficient water, fiber does no good. Fiber absorbs water allowing waste to move freely.

Helps prevents

Helps flush out and

Helps one feel without calories

Drink instead of drinks. \_\_\_\_\_\_\_\_ cups of water are recommended daily.