

# Water

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<sup>1</sup> Water, making up to nearly 70% of our body weight, is the most important essential nutrient that we cannot live without for more than a few days.



<sup>2</sup> In comparison to the other five essential nutrients -- carbohydrates, fats, proteins, vitamins, and minerals, water plays a less obvious role. It does not generate energy as carbohydrates, fats, and proteins do. It does not keep our eyes healthy as vitamin A does. Furthermore, it does not make our bones strong as mineral calcium does. In a way, water is like a puppet master that runs the show from behind the curtain. Although water makes no energy, it helps dissipate heat, a by-product of the energy production. Through perspiration, excess heat gets expelled and our body temperature gets regulated.

<sup>3</sup> Aside from preventing us from being overheated, water also carries out three other vital functions to ensure that our bodies perform properly. The first is to deliver nutrients and oxygen to cells around our bodies, the second is to lubricate our joints and organs, and the third is to remove body wastes through sweat or urine.

<sup>4</sup> Scientists recommend that we drink at least 8 glasses of water (from a 250-ml glass) a day. “Sure, no problem!” is probably what everybody thinks at first. Nevertheless, if we keep a tab on how many glasses of plain water, not how many glasses of water-added beverage such as soda and coffee, we drink a day, we may soon realize that we fall far short from meeting the requirement. Additionally, scientists also remind us to drink water throughout the day. A common mistake we make is to drink water only when we feel thirsty. This misperception can lead to chronic dehydration and cast a negative impact on our health.

<sup>5</sup> So, however busy you are, remember to replenish your body with water -- at least 8 glasses of water, to be exact!

Name \_\_\_\_\_

Science Pd: \_\_\_\_\_

## Water

<p>1. Which of the following essential nutrients makes up most of our body weight?</p> <p><input type="radio"/> A Fats</p> <p><input type="radio"/> B Vitamins</p> <p><input type="radio"/> C Carbohydrates</p> <p><input type="radio"/> D Water</p>	<p>2. Water regulates our body temperature.</p> <p><input type="radio"/> A False</p> <p><input type="radio"/> B True</p>
<p>3. Which of the following is <b>not</b> a function that water performs?</p> <p><input type="radio"/> A Water helps to eliminate body waste.</p> <p><input type="radio"/> B Water helps to generate energy.</p> <p><input type="radio"/> C Water helps to lubricate joints and organs.</p> <p><input type="radio"/> D Water helps to transport substance to cells.</p>	<p>4. If we drink 10 glasses of water from a 250-ml glass a day, how many liters of water would we drink in one week?</p> <p><input type="radio"/> A 12.75 liters</p> <p><input type="radio"/> B 19.5 liters</p> <p><input type="radio"/> C 17.5 liters</p> <p><input type="radio"/> D 14.25 liters</p>
<p>5. Which of the following essential nutrients does <b>not</b> produce energy? (Please choose two of the best answers)</p> <p><input type="radio"/> A Proteins</p> <p><input type="radio"/> B Vitamins</p> <p><input type="radio"/> C Fats</p> <p><input type="radio"/> D Minerals</p>	<p>6. Which of the following about water is correct?</p> <p><input type="radio"/> A Water makes up 30% of our body weight.</p> <p><input type="radio"/> B Because it produces no energy, it is not an essential nutrient.</p> <p><input type="radio"/> C We should drink water even if we don't feel thirsty.</p> <p><input type="radio"/> D Water makes our bones strong and keeps our eyes healthy.</p>
<p>7. What is the recommended intake of water?</p> <p><input type="radio"/> A At least 8 glasses a day</p> <p><input type="radio"/> B At least 8 glasses a week</p> <p><input type="radio"/> C At least 8 glasses every two weeks</p> <p><input type="radio"/> D At least 8 glasses every two days</p>	