

Water is essential for life on Earth. People can live for two months without food, but will die in less than a week without water.

The quality of UK tap water is one of the highest in the world, but are you drinking enough of it?

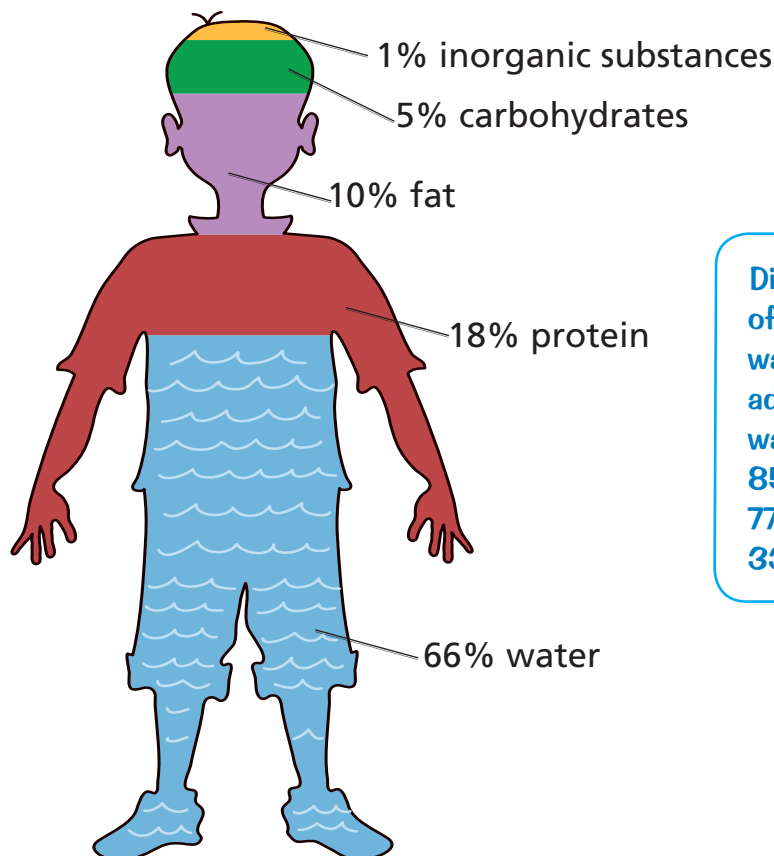
Why do we need water?

Our bodies need water to help them function properly and help us live our everyday lives. Here are just a few of the tasks our body needs water for:

- To clean the blood as it passes through the kidneys.
- To control body temperature.
- To help in food digestion.
- To help remove waste products.

Other health benefits

- Mental alertness
- Stamina
- Fewer headaches
- Increased energy levels
- Combats fatigue
- Clearer skin
- Helps maintain a healthy weight and body functions
- Fresher breath



Did you know that two-thirds of your body is made up of water? In fact, the average adult contains 45 litres of water. Our brains are at least 85% water, our muscles are 77% water and our bones are 33% water.



How much water is healthy?

There is a large amount of water inside us, but we are losing it all the time. You lose water when you breathe out, when you sweat and when you go to the toilet. You even lose water when you blink!

We need to drink about two litres of water every day to stay healthy. That's about six to eight glasses a day.

This could include water you naturally get from food and also drinks like orange, or tea and coffee. Don't forget that you'll need to drink more if it's really hot or if you are playing sport.



↑ Drinking water can help improve your concentration, so keep topped up at school too!

Stay topped up!

If you don't drink enough water your body can become dehydrated. Here are some signs that you might need to drink more water.

- You have a light headache and feel a bit dizzy.
- You feel sleepy and tired.
- You are a bit snappy or irritable.
- You feel hungry, but in fact your body needs water!
- You feel thirsty.

The best way to check whether you are topped up is by the colour of your wee (urine). When you go to the toilet, it should be clear or nearly transparent. If it is dark yellow, then you need to drink more water!

Want to know more?

Find out more about drinking water with Anglian Water's very own superhero – Captain Splosh! Log on to www.captainsplosh.co.uk to explore some of the fun facts, activities and games.



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Design a poster to tell your friends and family about the benefits of drinking water for their health.

Learning objective:

To understand the importance of drinking water.

Spread the word!

Before you start, think about the following points:

Who is your poster for?

Think about the words you use and make sure they are suitable for your audience. Try to make up catchy phrases to interest your readers and help them remember the information.

Is it eye-catching?

Consider the appearance of your text and pictures, to make sure it will interest your audience.

What information will you include?

Use the information on the Fact file to help you. You might also find out more information on Anglian Water's website, www.anglianwater.co.uk, and www.captainsplosh.co.uk.

You will need:

- Coloured pencils
- Paper
- Fact file 7 – 'Water for health'

Where can you put it?

Think about the best place to put your poster to help encourage people to drink plenty of water and stay healthy.



