

WATER IN OUR BODIES

You may have heard the phrase 'you are what you eat' but did you know you're also what you drink?!

Our bodies are made up of around 70% water! It's very important that we stay hydrated because many of our body parts are made up of water and won't be able to work properly if we don't drink enough water!

TASK1

How well do you know what your body parts do? Draw lines to match up the descriptions with the body parts.



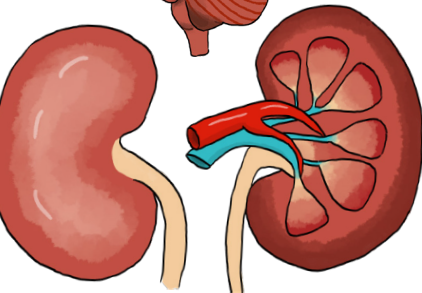
BLOOD

Lets us explore our surroundings by being able to look at it



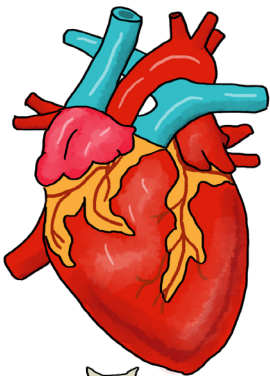
BRAIN

Gives oxygen to your body



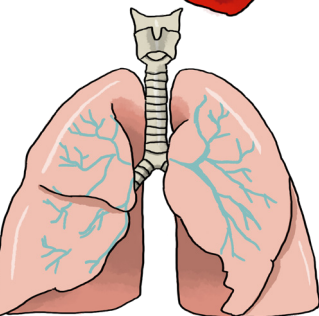
KIDNEYS

Pumps blood around the body



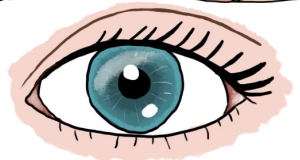
HEART

Help to clean our blood and makes sure we get rid of waste and toxins through our urine



LUNGS

Brings nutrients and oxygen to all parts of the body



EYES

Is attached to our nervous system and controls the whole body

WATER IN OUR BODIES

Now you know what different body parts do see if you know where abouts they are located.

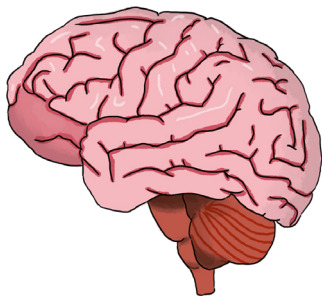
You'll need a large roll of paper that's big enough for a person to lay on, or pieces of paper stuck together. If you haven't got large paper, you could use chalk on the pavement outside or draw on the template on the next page.

TASK 2

Follow the steps below to draw a life-sized human with organs!

1. Draw around a volunteer on the paper or pavement with pen or chalk to leave their outline

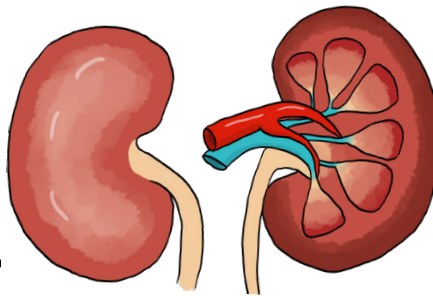
2. Draw each of the body parts below in the place on the body where you think they should be



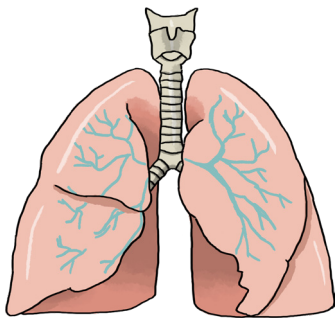
BRAIN



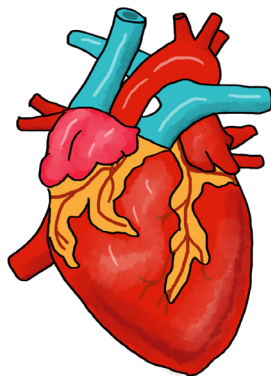
BLOOD



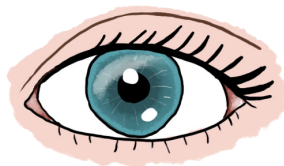
KIDNEYS



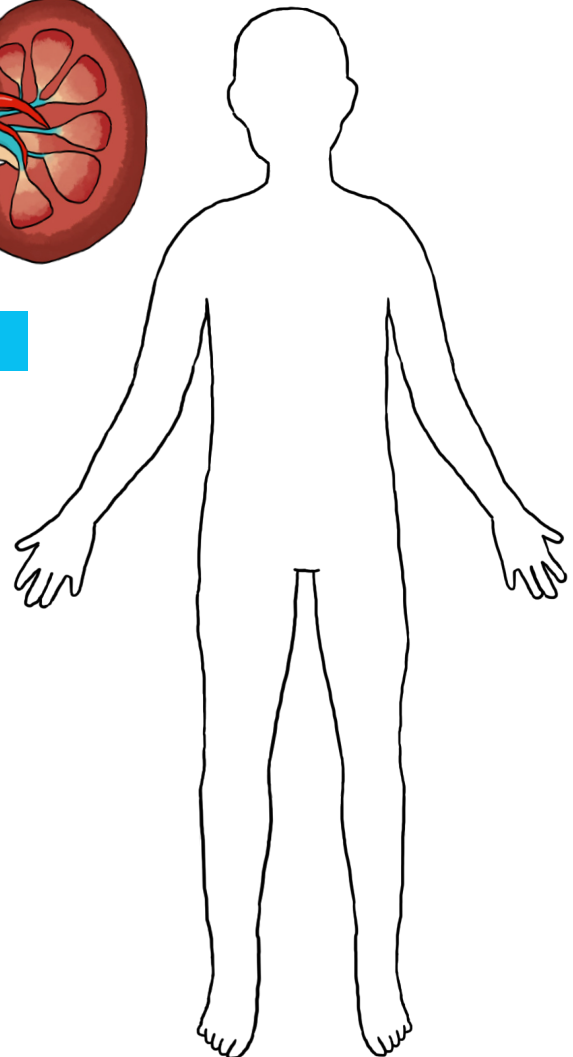
LUNGS



HEART

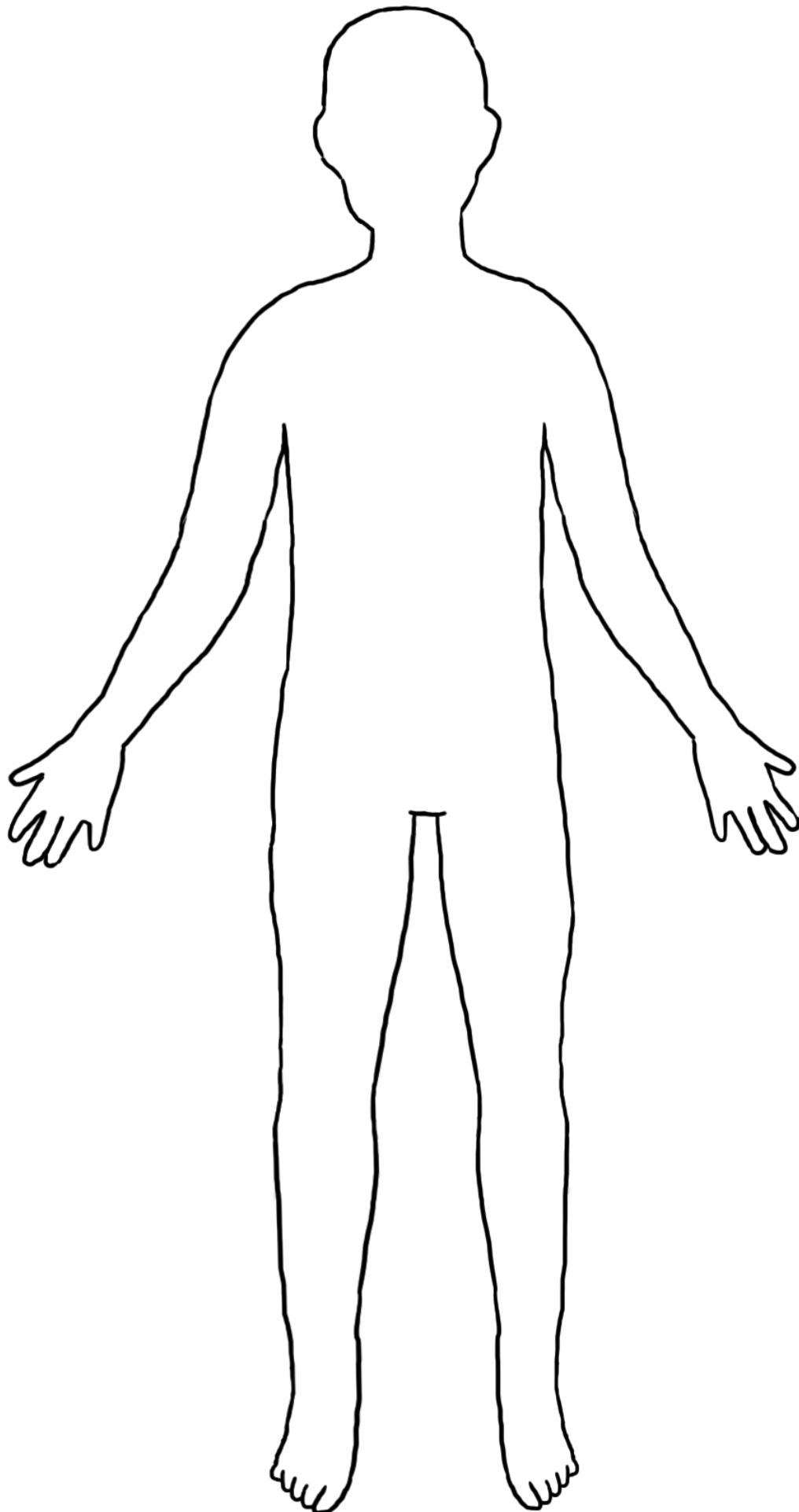


EYES



3. Check to see if you drew them in the right place by looking at the answer sheet!

Use this template if you haven't got large paper or a volunteer to draw around!



WATER IN OUR BODIES

Now you've completed your drawing do you know how much each body part is made up of water?

TASK 3

How much % do you think each body part is made up of water? Look at the percentages below. Each of these match up with a body part. Choose which % you think goes with each body part and write on your drawing.

75%

96%

73%

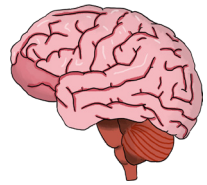
95%

79%

83%

TASK 4

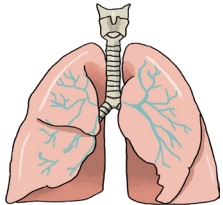
Try our true or false quiz to see what happens to your body parts if you don't drink enough water



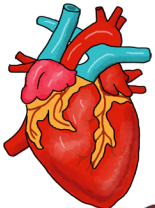
1. The brain shrinks as it takes water from other parts of the body to try and work properly

TRUE

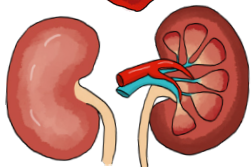
FALSE

☐
☐


2. The lungs slow down and can make it harder to breathe

☐
☐


3. The heart pumps blood round the body quicker as your blood gets thinner

☐
☐


4. The kidneys make you go for a wee less often meaning nasty toxins can build up

☐
☐


5. Blood struggles to be pumped about the body to all the vital organs

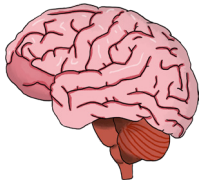
☐
☐


6. Your eyes become dry and can't produce tears

☐
☐

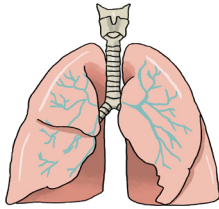
ANSWER SHEET

TASK 1



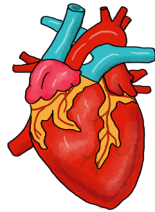
BRAIN

Is attached to our nervous system and controls the whole body



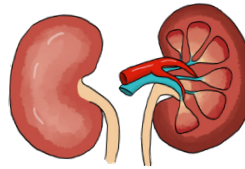
LUNGS

Gives oxygen to your body



HEART

Pumps blood around the body



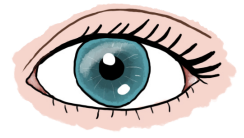
KIDNEYS

Help to clean our blood and makes sure we get rid of waste and toxins



BLOOD

Brings nutrients and oxygen to all parts of the body through our urine



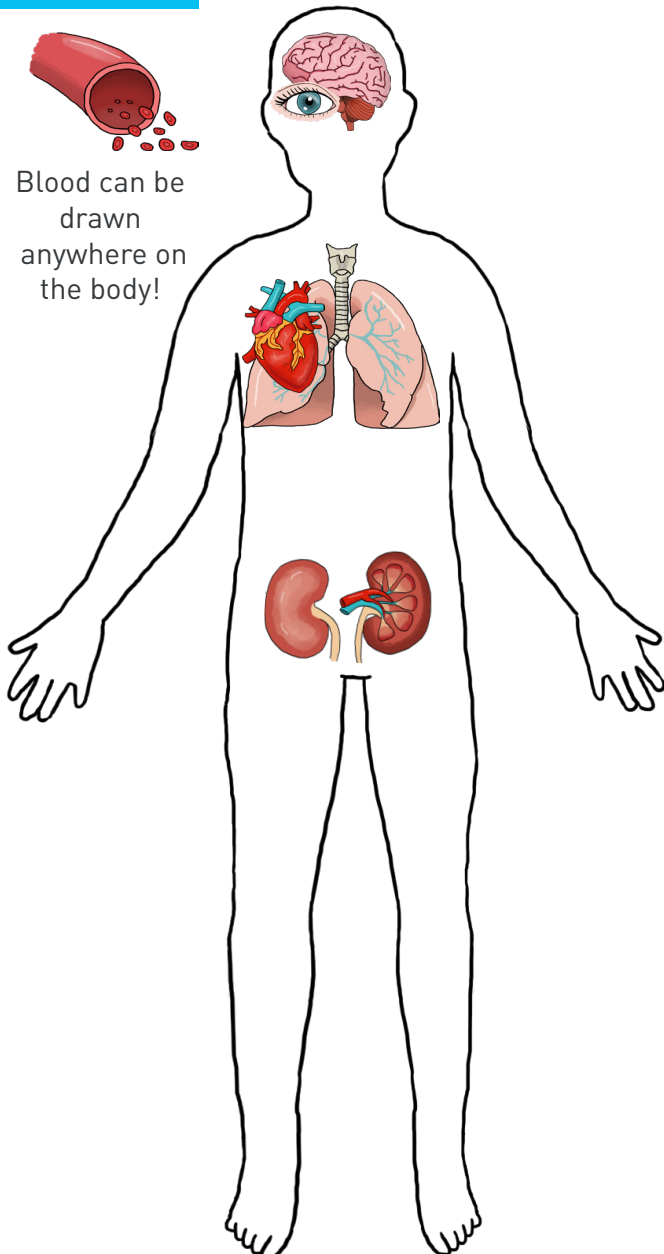
EYES

Lets us explore our surroundings by being able to look at it

TASK 2



Blood can be drawn anywhere on the body!



TASK 3

75% = heart
96% = blood
73% = brain
95% = eyes
79% = kidneys
83% = lungs

TASK 4

1. **TRUE**, the brain shrinks due to the loss of water.
2. **TRUE**, we loose a tiny bit of water every time we breathe out. The lungs try to slow this down which can make breathing harder.
3. **FALSE**, blood gets thicker making it harder for the heart to pump it round the body.
4. **TRUE** The average person goes for a wee 6-7 times a day. Dehydration can reduce this to 2-3 times a day.
5. **TRUE**, blood gets thicker making it harder for it to travel to each body part.
6. **TRUE**, eyes become dry and this can even lead to headaches and blurred vision.