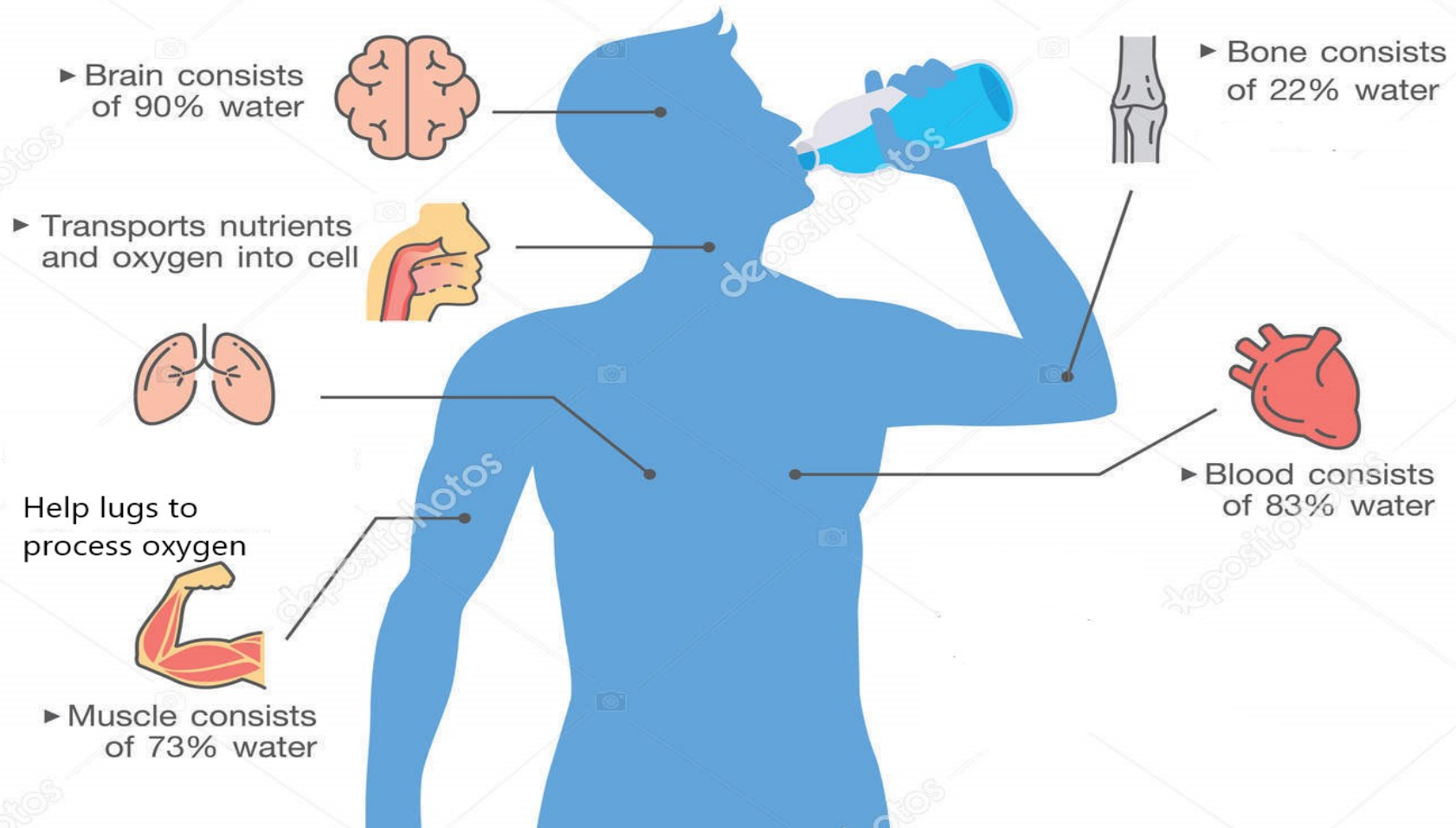


WATER



Function of water in the body

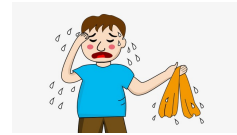


Your body needs water to work and to be healthy.

Water replaces fluid we lose when we breathe



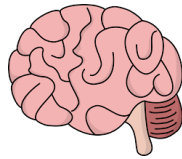
,sweat



and go to the toilet



It helps our brain



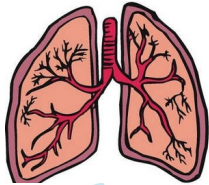
to work.

Water forms our blood



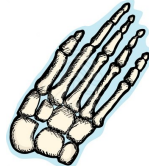
.

It helps our lungs



to process oxygen.

It forms bones



, joints



and muscles



.

Water helps movement.

Why is it important
to drink water?



Water is better than other drinks because it has no calories and contains no sugar that can damage your teeth.