

THE BENEFITS OF WATER IN OUR BODY

Complete the statements with the correct information from the box.
Write the numbers in the gaps.

It ... and cushions ...



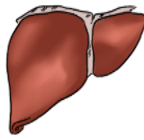
It keeps ... moist: nose, mouth, eyes,



It forms ...



Insufficient water can lead to ...



It converts food to components needed for survival. It is essential in ...



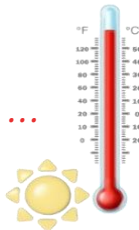
It allows ... to grow.



It is needed by the ... to create hormones and neurotransmitters.



It regulates ...



It helps ... all over the body.



It ... , mainly in urine.



1. digestion
2. deliver oxygen
3. flushes body waste
4. protects ... vital organs @ joints.
5. saliva
6. body temperature.
7. body cells
8. brain
9. mucosal membranes
10. kidney problems.