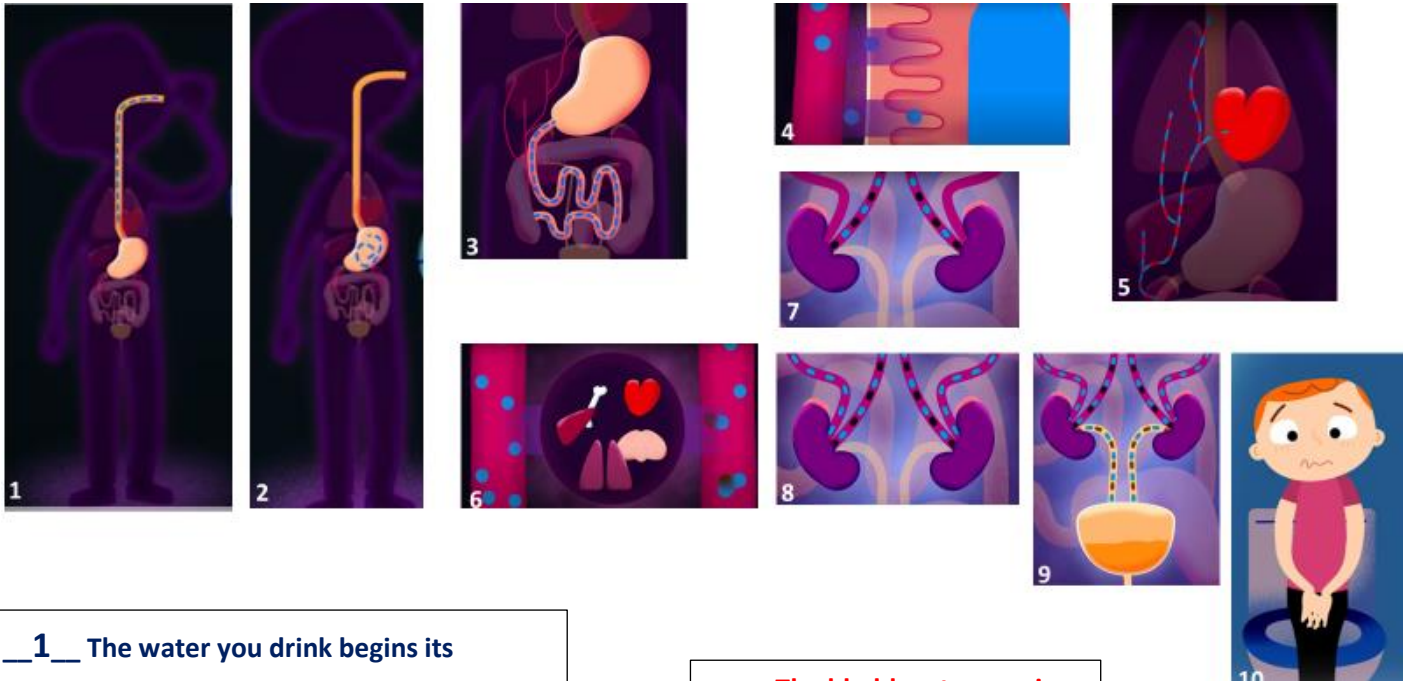


## THE LONG JOURNEY OF WATER IN OUR BODY - Hydration for Health

Watch the video in the presentation "We are water". Then look at the images and match them to the correct piece of information.



  1   The water you drink begins its journey going down the esophagus in a few seconds.

       The bladder stores urine.

       When it is full, don't hold it in, run to the toilet!

       Water arrives in the stomach where it stays for a few minutes.

       The kidneys clean the blood waste and produce urine.

       Then, water goes into the small intestine.

       Blood transports water and this waste to the kidneys.

       The body organs make waste.

       Water goes through the walls of the intestine into the blood.

       Thanks to veins, the blood delivers water to the whole body: heart, liver, lungs, brain, skin, bones ...