

NUTRITION
CLIL Unit 2023/24
IES Vega de Atarfe



Water ... and cushions ...

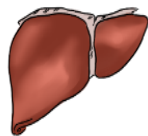
Water keeps ... moist:
nose, mouth, eyes, tongue



Water forms ...



Insufficient water
can lead to ...



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



INORGANIC
NUTRIENTS

What does **WATER** do for you?



protects ... joints

mucosal membranes

saliva

kidney problems

digestion

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



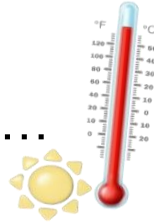
brain

Water allows ... to grow



body cells

Water regulates ...



body temperature



Water helps ...
all over the body

deliver oxygen

Water ... ,
mainly in urine



flushes body waste