



# Healthy Water Healthy People



## My Science Notebook

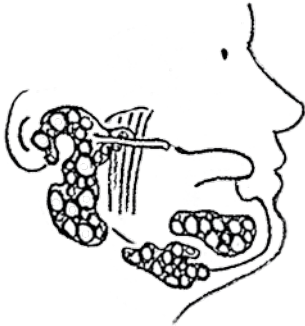
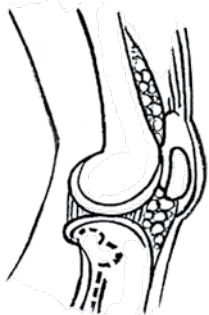



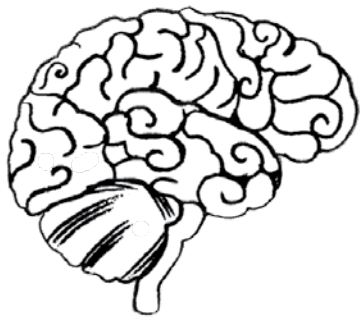
Name \_\_\_\_\_



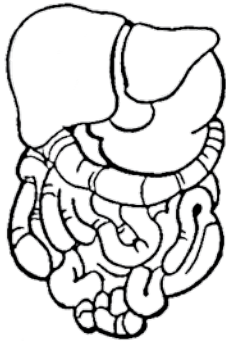
Print this notebook page and use it to record what you learn as you explore the *Healthy Water Healthy People* page at [DiscoverWater.org](http://DiscoverWater.org).

Fill in the boxes while completing the online *Water in Your Body Activity*. Write at least one way that water plays a role in that part of the body (see example below).

Feature	Role of Water
	<p style="text-align: center;"><b>MOUTH</b></p> <p style="text-align: center;"><i>Glands in the mouth produce saliva which is mostly water. Saliva helps break down food in the first step of digestion. Saliva also helps with speech.</i></p>
	<p style="text-align: center;"><b>JOINT</b></p>
	<p style="text-align: center;"><b>EYE</b></p>



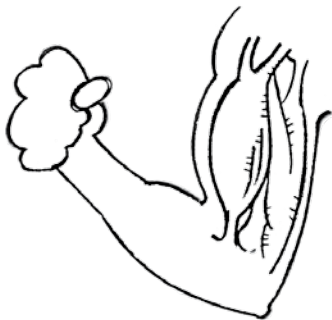
**BRAIN**



**STOMACH, LARGE AND SMALL INTESTINES**



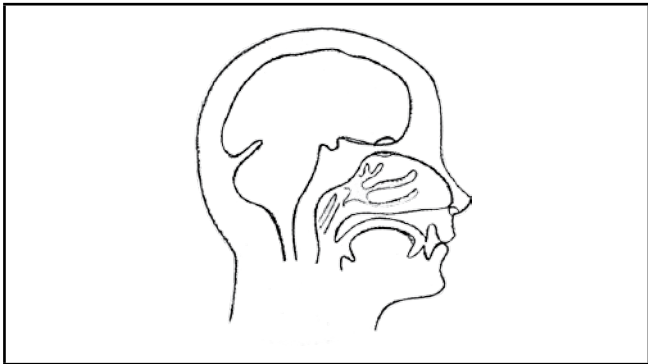
**KIDNEY**



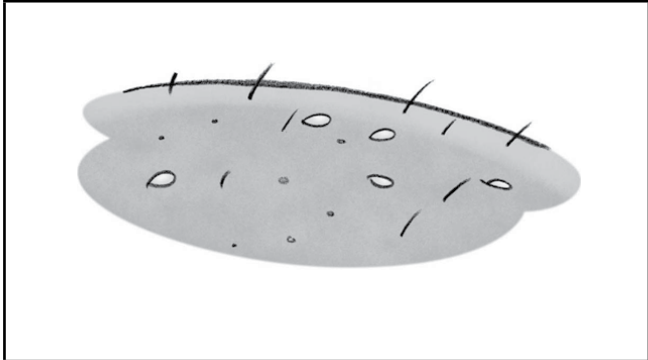
**MUSCLES**



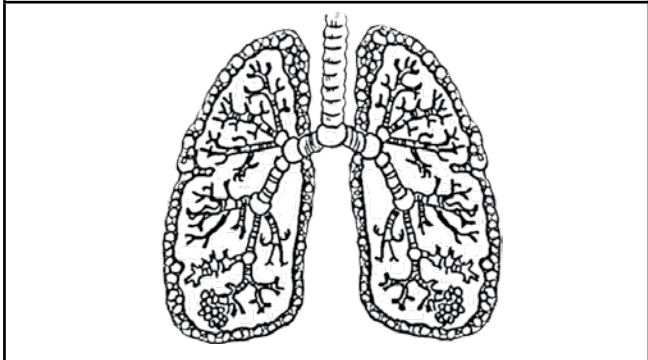
**BLOOD**



**NOSE**



**SKIN**



**LUNGS**



## WORDS TO KNOW

ABDOMINAL	MUCOUS MEMBRANES
ALVEOLI	NUTRIENT
CARBON DIOXIDE	OLFACTORY BULB
CARTILAGE	ORGAN
CELL	PERSPIRATION
CILIA	PLASMA
DEHYDRATED	PLATELETS
DIGESTION	PORE
DUCT	RESPIRATION
EVAPORATE	SALIVA
FECES	SYNOVIAL FLUID

FEMUR	TIBIA
FIBULA	TISSUE
GASTRIC JUICES	UREA
GLAND	WATER BALANCE
HYDRATION	VOLUNTARY MUSCLES
INVOLUNTARY MUSCLES	
MRI	