

WATER

All living things need water to survive and to grow. Living things need water for different reasons in order to survive. For example, plants need water to make their own food, while fish need to live in water.

Water is Important in Humans

The human body is made up of about $\frac{2}{3}$ water.

Water is used in the human body in many ways such as:

- Carries away waste materials
- Helps digest food
- Helps blood carry nutrients and important materials
- Warms and cools your body as needed: If your body gets too hot, you will start to sweat. The sweat takes some heat out of your body, cooling your body back down to the proper temperature.



PREVIEW

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Lesson Checkpoint: What is one way water helps our bodies?

Water on Earth

We use water on the Earth for many reasons too. For example, fishermen in particular use water to catch fish and sea food for people to eat. Farmers use water, including rainfall, to water their crops. Without water, their crops would die. All living things need water in order to survive. In order for people to survive, they must drink water.

Water is used by industries to make a variety of products such as paper and steel. Water is also used to make electricity. Rushing water is used to turn turbines which are special machines shaped like windmills, that have blades that turn by water.

About 75% of the Earth is covered by water, which is mostly salt water. **Saltwater** has salt in it whereas **freshwater** has very little salt. The Earth has less freshwater, which is mostly in the form of ice in the North and South poles. Most lakes are freshwater. Some freshwater is underground. This water is called groundwater. There are also freshwater streams, rivers, and lakes.



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A **wetland** is an ecosystem that takes in and gives out freshwater. Wetlands contain freshwater that often helps replenish or add to the Earth's groundwater. A wetland also helps prevent flooding too much water by absorbing large amounts of water.

Lesson Checkpoint: What is groundwater?

Three States of Water

Water comes in three forms: liquid, solid, and gas. Liquid water is the water we drink, solid water is known as ice, and water vapor is water in a gas form. The process of a liquid becoming a gas is called **evaporation**.

Condensation is the process of a gas turning back into a liquid.

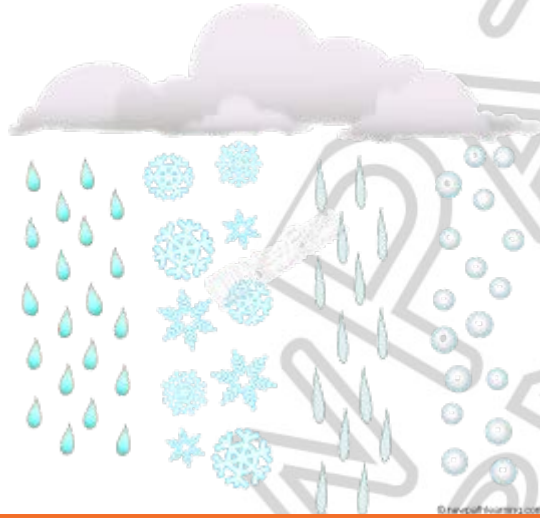
The Water Cycle



The movement and recycling of the Earth's water is called the water cycle. Water moves from the earth to the air back to the earth again. ==

Water changes states, or form, when moving through the water cycle. It is in liquid form in the waters on Earth and then the sun helps it evaporate into a gas into the air. Water vapor rises into the air in the atmosphere and forms either water droplets or ice crystals. These droplets or crystals eventually form clouds which water falls from as precipitation.

Precipitation is water that falls to the earth in the form of rain, snow, sleet, or even hail. Precipitation either seeps into the ground, forming groundwater, or falls into rivers, streams, lakes, or oceans. Then the water cycles begin again right away.



Lesson

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