

WHY IS WATER IMPORTANT?



💧 We need it to live.

Did you know our bodies are made up of mostly water? It's important for us to drink water every day. Water carries nutrients to all the cells throughout our bodies. If we don't drink enough, we may become *dehydrated*.

💧 We need it to grow crops.



If it weren't for water, we would not be able to enjoy any of our favorite fruits and vegetables. Plants need water just like we do. Without it, they can't grow.

💧 Our pets and animals need water.

If plants and humans need water to live, then all animals, including our pets, must need it, too! It's important to give our pets plenty of water to drink. Nothing could survive without water! Every living thing needs water to live.

💧 We need it for bathing and cleaning.

We use water for bathing, cleaning our vehicles, and washing our dishes and clothes. How else would we get clean if it weren't for water? Remember to practice *water conservation* when taking showers and baths or when using it to wash vehicles, clothes and dishes. See page 11 for some water conservation tips!



Activity:

Take a moment to think of other ways to use water every day. How many can you come up with?
