

Just add water

Worksheet Teacher's notes

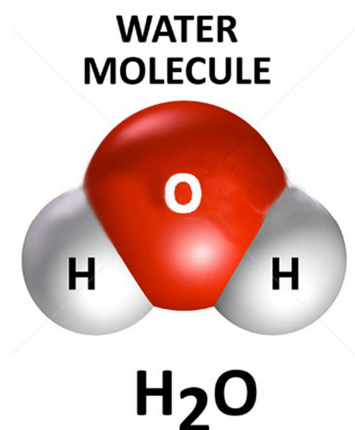
1. "Water is the driving force in nature"

Leonardo da Vinci

Water is very important in our everyday life. Can you think of any reasons why? In what areas of your life do you use water? How is water important to humans?

Students' own answers

2. Water molecule contains one atom of oxygen and two atoms of hydrogen. Can you draw a water molecule?



3. Go to <http://www.allaboutwater.org/water-facts.html> and read 20 interesting fact about water. Find answers to the questions:
 - What is *water intoxication*? When can it happen?
Drinking too much water too quickly can lead to water intoxication. Water intoxication occurs when water dilutes the sodium level in the bloodstream and causes an imbalance of water in the brain.
 - How much water should we drink a day?
While the daily recommended amount of water is eight cups per day, not all of this water must be consumed in the liquid form. Nearly every food or drink item provides some water to the body.
 - What does it mean that water is a *superb solvent*?
Water dissolves more substances than any other liquid. Wherever it travels, water carries chemicals, minerals, and nutrients with it.
 - What percentage of the Earth's surface is covered with water?
Somewhere between 70 and 75 percent of the earth's surface is covered with water.
 - What does it mean that the earth is a *closed system*?
The earth is a closed system, similar to a terrarium, meaning that it rarely loses or gains extra matter. The same water that existed on the earth millions of years ago is still present today.

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4. We all know that we should drink water, go to <http://www.youtube.com/watch?v=goBmkTL6rzc> , watch a film and answer the questions:
 1. Apart from carbs, fats, protein, vitamins and water we also need
 - A. **fiber**
 - B. Viber
 - C. fillet
 2. The human body is about % water.
 - A. 16
 - B. **60**
 - C. 80
 3. Water carries
 - A. **nutrients to our cells**
 - B. toxins to our cells
 - C. oxygen to our blood
 4. We lose water through metabolism, breathing and
 - A. sweating and sleeping
 - B. **sweating and waste**
 - C. waste
 5. The first symptom of dehydration is:
 - A. **thirst**
 - B. dry skin
 - C. difficulties breathing
 6. You have to increase your water intake if:
 - A. It's hot outside.
 - B. you're doing exercises
 - C. **both**
 7. What does the required quantity of water consumption a day depend on?
 - A. **size, activity level, temperature outside**
 - B. size, activity level
 - C. activity level , temperature outside
 8. Our water intake is
 - A. 60% from liquid, 40% from food
 - B. 70% from liquid,30 % from food
 - C. **80% from liquid, 20 % from food**
 9. Which food has high (above 90%) water content?
 - A. carrot, apple, yoghurt
 - B. **lettuce, watermelon ,broccoli, grapefruit**
 - C. carrot, broccoli, fruit juice
 10. How can you flavour plain water?
 - A. add sugar
 - B. add a squeeze of lemon
 - C. **add a squeeze of lemon or lime juice and a 100% fruit juice**

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5. There are many idiomatic expressions with the word *water*. Here are water idioms highlighting difficult situation. Match the idiom with its definition.

IDIOM	DEFINITION
1. be dead in the water	a) stopped making any progress, failed and has no hope for the future
2. be in deep water	b) to be in a difficult situation which is hard to deal
3. be in hot water	c) very similar to deep water but with an emphasis on being punished for your actions
4. be like a fish out of water	d) with to feel awkward / uncomfortable because you are in an situation which you have not experienced before
5. be out depth	e) to be in a situation that is too difficult for you to deal with
6. blow something out of the water	f) to defeat someone or something that you are competing with, or to achieve much more than they do
7. come hell or high water	g) no matter what happens"
8. does not hold water	h) an idea, plan or statement that is wrong or false
9. like water off a duck's back	i) easily, without any apparent effect
10. pour cold water on something	j) critical of a plan that others thought was exciting or great
11. throw the baby out with the bath water	k) get rid of the good parts as well as the bad parts of something when you are trying to improve it
12. water under the bridge	l) Something that belongs in the past and isn't important or troubling any more

6. In pairs discuss the quotes:

"Don't be ashamed to weep; 'tis right to grieve. Tears are only water, and flowers, trees, and fruit cannot grow without water. But there must be sunlight also. A wounded heart will heal in time, and when it does, the memory and love of our lost ones is sealed inside to comfort us."

Brian Jacques, Taggerung

"The cure for anything is salt water - tears, sweat, or the sea."

Isaak Dinesen, Seven Gothic Tales

"Human nature is like water. It takes the shape of its container."

Wallace Stevens

Students' own answers