

water water

EVERYWHERE

YOU MAY HAVE HEARD THIS PHRASE BEFORE, AND FOR WATER, IT REALLY IS TRUE!

LIQUID GOLD

? WHAT'S THE MOST IMPORTANT NATURAL RESOURCE IN THE WORLD?

You might think of diamonds or gold, or maybe fuels such as oil and natural gas.

However, there is only one resource we truly could not live without: **FRESH WATER!**

People have even started to call it 'liquid gold'.



Water is vital for all aspects of life on Earth.

It is a crucial resource underpinning Australia's economy, society and environment.

71%
of Planet Earth is water

97%
of that is ocean

Water also exists in air as vapour, rivers and lakes, ice caps and glaciers - even in you.



ONLY 2.5%
of the Earth's water is fresh water

Of that 2.5%, even less is considered to be potable water, which means water that is safe to drink and cook with.

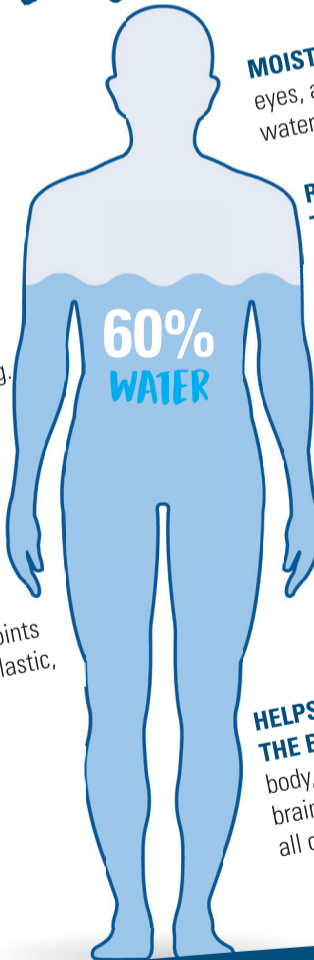
H₂O REALLY?

INCREASES ENERGY AND RELIEVES FATIGUE: Your brain is 75% water. Being well hydrated improves focus, concentration and alertness.

FORMS SALIVA: Saliva is important for a healthy body. Saliva has water and important substances you need to digest food and keep teeth strong.

KEEPS YOUR SKIN LOOKING YOUNG: Water is nature's moisturiser and anti-aging treatment, all in one.

LUBRICATES JOINTS: Proper hydration helps lubricate your joints and make your muscles more elastic, reducing joint pain.



MOISTENS TISSUES: The mouth, eyes, and nose are moistened by water to keep them from drying out.

REGULATES YOUR BODY TEMPERATURE: When you overheat, you produce sweat to cool your body.

AIDS IN DIGESTION: Water helps digest food, aids nutrient absorption and removes waste from your body.

REMOVES TOXINS: Drinking water helps our bodies remove chemicals and toxins that build up in our bodies.

HELPS DELIVER OXYGEN ALL OVER THE BODY: Water makes up 60% of your body, including blood, muscles, lungs and brain. It delivers oxygen and nutrients to all cells.

H₂O ACTIVITY

Fill in the two circles below to create pie charts, one showing the percentage of water on Earth, and one showing the percentages of salt water and fresh water.

Percentage of Earth's surface covered by water?

Percentage of salt vs fresh water

DID YOU KNOW?

WHEN YOU FEEL THIRSTY, YOU ARE ALREADY DEHYDRATED.

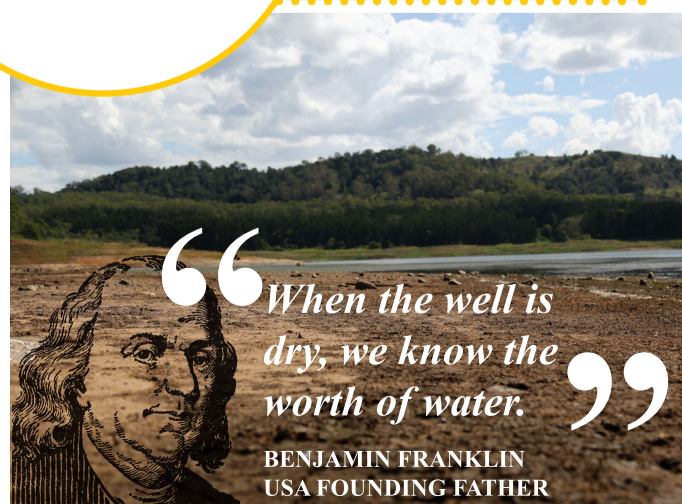
THE NUMBER ONE SOURCE OF EXCESSIVE CALORIES IN A PERSON'S DIET IS SUGAR-BASED BEVERAGES LIKE SOFT DRINK AND FRUIT JUICES.

Just one can of soft drink:
35 grams of sugar
140 calories

Glass of water:
0 grams of sugar
0 calories



DRINK WATER!



“When the well is dry, we know the worth of water.”

BENJAMIN FRANKLIN
USA FOUNDING FATHER