Name: _____ Date: _____

# Water for Your Body

Circle group

Your body is mostly water. Every part of you needs water. Water is one of the best things to drink.

Water does many jobs in your body. It helps carry food to every part. It helps keep you from getting too hot. It helps your body get rid of waste.

You lose water each day. You lose some when you sweat. You lose some when you breathe out. So you must drink water to put it back.

You may need more water on a hot day. You may need more after you play hard. If your mouth feels dry, it is time for a drink.

## Questions

**1. What is your body mostly made of?**

_____

_____

**2. What is one job water does in your body?**

_____

_____

**3. How do you lose water each day?**

_____

_____

**4. When might you need more water?**

_____

_____

**5. What are two signs that it is time to drink?**

_____

_____

**6. Why do players drink water during a long game?**

_____

_____

## Words to know

waste: what the body does not need and gets rid of

sweat: water that comes out of your skin when you are hot

## Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

# Water for Your Body

Triangle group

Your body is made mostly of water. Every part of you needs it to work well. That is why water is one of the best things you can drink.

Water does many jobs inside you. It helps carry food to every part of your body. It helps keep your body from getting too hot. It also helps your body get rid of waste.

You lose water every day. You lose some when you sweat and some when you breathe out. So you need to drink water to replace it.

You may need extra water on a hot day or after you play hard. If your mouth feels dry or you feel thirsty, it is time for a drink.

## Questions

**1. What is your body made of, mostly?**

_____

_____

**2. What is one job that water does inside you?**

_____

_____

**3. How do you lose water every day?**

_____

_____

**4. When might you need extra water?**

_____

_____

**5. What are two signs that it is time to drink?**

_____

_____

**6. Why do athletes drink water during a long game?**

_____

_____

## Words to know

waste: what the body does not need and gets rid of
sweat: water that comes out of your skin when you are hot
replace: to put back what was lost
thirsty: feeling that you need to drink

## Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

# Water for Your Body

Square group

Your body is made up mostly of water, and every part of you needs it in order to work properly. That is why water is one of the best things you can possibly drink.

Water performs many jobs inside your body. It helps carry nutrients from your food to every part of you. It helps prevent your body from becoming too hot. It also helps your body get rid of waste.

Every day, you lose some of your water. You lose a little when you sweat and a little more whenever you breathe out. Therefore, you need to drink water to replace what has been lost.

You may need extra water on a hot day or after you have played hard. If your mouth feels dry or you feel thirsty, then it is time for a drink.

## Questions

**1. What is your body mostly made up of?**

_____

_____

**2. What is one job that water performs inside your body?**

_____

_____

**3. In what two ways do you lose water every day?**

_____

_____

**4. When might you need extra water?**

_____

_____

**5. What are two signs that it is time for a drink?**

_____

_____

**6. Why do athletes drink water during a long game?**

_____

_____

## Words to know

waste: what the body does not need and gets rid of
sweat: water that comes out of your skin when you are hot
replace: to put back what was lost
thirsty: feeling that you need to drink

## Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

# For the teacher: Water for Your Body

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

### Circle: Water for Your Body

Easier · 105 words · Flesch-Kincaid grade 1.3

1. Water.
2. Any one of: carries food, keeps you from getting too hot, helps get rid of waste.
3. When you sweat and when you breathe out.
4. On a hot day or after you play hard.
5. A dry mouth and feeling thirsty.
6. They sweat and lose water, so they must put it back.

### Triangle: Water for Your Body

This passage · 118 words · Flesch-Kincaid grade 2.7

1. Water.
2. Any one of: it carries food around your body, keeps you from getting too hot, helps get rid of waste.
3. When you sweat and when you breathe out.
4. On a hot day or after you play hard.
5. A dry mouth and feeling thirsty.
6. They sweat a lot and lose water, so they must drink to replace it.

### Square: Water for Your Body

Harder · 137 words · Flesch-Kincaid grade 4.6

1. Water.
2. Any one of: carries nutrients from food, keeps you from getting too hot, helps get rid of waste.
3. When you sweat and when you breathe out.
4. On a hot day or after you have played hard.
5. A dry mouth and feeling thirsty.
6. They sweat a great deal and lose water, so they must replace it.