



Wet, Blue, and Good for You



by Ellen Lawrence

[Intentionally Left Blank]



Wet, Blue, and Good for You

by Ellen Lawrence

Consultant:

Judy Wearing, PhD, BEd
Faculty of Education, Queen's University
Ontario, Canada

BEARPORT
PUBLISHING

New York, New York

Credits

Cover, © Maxim Blinkov/Shutterstock; 4, © Fotokostic/Shutterstock; 5, © Jorg Hackemann/Shutterstock; 6, © Larisa Lofitskaya/Shutterstock; 7, © DoublePHOTO studio/Shutterstock; 7R, © Science Photo Library; 8L, © mylisa/Shutterstock; 8R, © dr OX/Shutterstock; 9, © adike/Shutterstock; 10T, © Antonio Guillem/Shutterstock; 10B, © RomanenkoAlexey/Shutterstock; 11, © sabza/Shutterstock; 12, © Osokina Liudmila/Shutterstock; 13, © leungchopan/Shutterstock, © Samuel Borges Photography/Shutterstock, and © sciencepics/Shutterstock; 14, © Artit Thongchuea/Shutterstock; 15, © August_0802/Shutterstock; 16, © czuber/Depositphotos; 17, © ChiccoDodiFC/Shutterstock; 18T, © Cheryl Casey/Dreamstime; 18B, © Kamira/Shutterstock; 19, © Jaimie Duplass/Shutterstock; 20T, © Darrin Henry/Shutterstock; 20B, © Chatchai Somwat/Shutterstock; 21, © Africa Studio/Shutterstock; 22, © liza54500/Shutterstock, © ben bryant/Shutterstock, © Silverfoxx/Shutterstock, © Olga Kovalenko/Shutterstock, and © Yuriy Boyko/Shutterstock; 23TL, © Science Photo Library; 23TC, © Maridav/Shutterstock; 23TR, © Maridav/Shutterstock; 23BL, © sciencepics/Shutterstock; 23BC, © Larisa Lofitskaya/Shutterstock; 23BR, © g-stockstudio/Shutterstock.

Publisher: Kenn Goin

Editor: Jessica Rudolph

Creative Director: Spencer Brinker

Design: Emma Randall

Photo Researcher: Ruby Tuesday Books Ltd

Library of Congress Cataloging-in-Publication Data

Names: Lawrence, Ellen, 1967– author.

Title: Wet, blue, and good for you / by Ellen Lawrence.

Description: New York, New York : Bearport Publishing, [2016] | Series: Drip,

drip, drop: Earth's water | Audience: Ages 6–10. | Includes

bibliographical references and index.

Identifiers: LCCN 2015040327 (print) | LCCN 2015041639 (ebook) | ISBN

9781943553259 (library binding) | ISBN 9781943553594 (ebook)

Subjects: LCSH: Water—Physiological effect—Juvenile literature. |

Dehydration (Physiology)—Juvenile literature.

Classification: LCC QP535.HI L39 2016 (print) | LCC QP535.HI (ebook) | DDC

613—dc23

LC record available at <http://lccn.loc.gov/2015040327>

Copyright © 2016 Bearport Publishing Company, Inc. All rights reserved. No part of this publication may be reproduced in whole or in part, stored in any retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

For more information, write to Bearport Publishing Company, Inc., 45 West 21st Street, Suite 3B, New York, New York 10010. Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1

Contents

| | |
|--|----|
| Feeling Thirsty..... | 4 |
| We're All Made of Water..... | 6 |
| Water for Making Blood..... | 8 |
| Your Blood in Action..... | 10 |
| Removing Waste | 12 |
| Water Goes In and Water Goes Out | 14 |
| Cooling Off | 16 |
| Not Enough Water | 18 |
| Wet, Blue, and Good for You | 20 |
| Science Lab | 22 |
| Science Words | 23 |
| Index | 24 |
| Read More | 24 |
| Learn More Online | 24 |
| About the Author | 24 |

Feeling Thirsty


If you play soccer on a hot day, you may start to feel thirsty.

This is your body's way of telling you it needs water.

You take a drink and the thirsty feeling goes away.

So why does your body need water, and where does it go once you swallow it?



A close-up, profile shot of a young boy with light brown hair drinking from a blue water gun. The water gun has a green and yellow handle. The boy's eyes are closed, and he appears to be enjoying the drink. The background is a clear blue sky with some green foliage visible in the distance. A circular callout with a water splash border is positioned in the lower-left area, containing text about the importance of water. A small blue water drop icon with the number 5 is in the bottom right corner.

Without water,
your body cannot
work properly. In fact,
a person can only
survive for a few days
with no water!

We're All Made of Water

Every part of your body—even your blood—is made up of billions of tiny **cells**.

To keep your body working, your cells need things like **oxygen** and **nutrients**.

These substances travel through your blood, which is mostly made of water!



Your body takes in nutrients when you eat and drink.

When you take a sip of water, how do you think the water gets from your mouth into your blood?



This photo was taken by
a powerful microscope.

skin cells

Your skin,
bones, and every
other part of your body
are made of cells. All cells
contain water. In fact,
your body is about 60
percent water!