

WATER

WHY WE
DRINK
TO REFUEL



by Harriet Brundle





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DRINK
TO REFUEL

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Minneapolis, Minnesota



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ALL ABOUT WATER

Water is one of the most important things on Earth. Every living thing needs water to stay alive.

WATER



Most people couldn't live for more than three or four days without water. The water we get from what we eat and drink **fuels** our bodies.



WHY DO I NEED WATER?

Water helps us pee and poop. It also helps make **saliva**. This keeps our mouths healthy and helps to break down the food we eat.



Water helps our bodies stay at the right **temperature**. When we get too hot, we sweat. This helps to cool us down. Sweat is mostly water, so we need to drink more water when we sweat.

A young boy with dark hair, wearing a yellow shirt, is shown in profile drinking water from a clear glass. His face is wet with sweat. A large white speech bubble is positioned above his head. In the bottom right corner, there is a circular graphic with a white center and a multi-colored ring (green, orange, red, green).

**OUR BODIES
NEED WATER TO
WORK RIGHT.**