

# Title: Water's Roles in the Body K-W-L

<b>Objectives</b> Students will be able to read for information about water in the body.														<b>Time frame to Complete</b> 30 minutes									
														<b>NRS EFL</b> 4									
Stackable Cert.	Documentation	Technology	Study / Life skills	EL-Civics	Career Pathways	Police	Paramedic	Fire Rescue	Medical Asst.	EKG / Cardio	Phlebotomy	Practical Nursing	Healthcare Admin	Pharmacy Tech	IMT	AMT	HVAC	Welding	Other:	Nutrition and Dietetics	STNA		
			X				X		X			X								X		X	
<b>Standard(s) Addressed in Lesson</b> Read with Understanding																							
<b>Benchmark(s) Addressed in Lesson</b> R.4.1. Identify purposes for reading (for example, to generate and answer questions about a topic, to solve problems) R.4.5. Use context clues (for example, cause and effect and compare and contrast relationships) to determine the meaning of words in texts. R.4.8. Understand meaning of some specialized content vocabulary (for example, "constitution"). R.4.11. Apply, monitor and adjust comprehension strategies (for example, note subtle details in texts, pose questions about text) to understand text at an inferential level. R.4.16. Construct meaning from text by evaluating relevance of prior knowledge and applying appropriate knowledge to new information read.																							
<b>Materials</b> K-W-L chart Computer with internet access Webpage: <a href="http://www.theallined.com/health/07101680.htm">http://www.theallined.com/health/07101680.htm</a>																							
<b>Learner Prior Knowledge</b>																							
<b>Activities</b>  <u>Step 1</u> Distribute the K-W-L chart and explain to students the K-W-L reading strategy. Thinking about a topic and posing questions before reading is a study strategy that often helps people better understand and remember what they read. Students write what they already know about the topic (water) in the "K" column of the chart. Next, they write questions about the topic in the "W" column.  <u>Step 2</u> Using the computer, students access the article about how the body uses water on <a href="http://www.theallined.com/health/07101680.htm">http://www.theallined.com/health/07101680.htm</a> . Students read the article independently.  <u>Step 3</u> After reading, students complete the "L" column of the chart with answers to the questions in the "W" column and other information that they learned from the reading.																							

**Step 4** Discussion may follow. If students' questions were not answered in the reading, students may search for the answers from another source such as <http://www.webmd.com/diet/guide/wonders-of-water> or [http://en.wikipedia.org/wiki/Body\\_water](http://en.wikipedia.org/wiki/Body_water).

**Assessment/Evidence**

Completed K-W-L chart

**Adaptations for Beginning Students**

Beginning students may need to listen to the article rather than reading it independently.

**Adaptations for Advanced Students**

After completing the K-W-L chart, advanced students may write a summary of the reading based upon their notes.

**Teacher Reflection/Lesson Evaluation**

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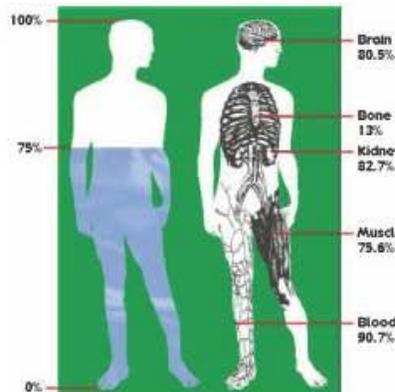
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## Water is the body's lifeblood and is extremely substantial

Matt Smiths

The body can last few weeks without food, but will not survive the same length without water. Water is extremely vital to the human body. Your body is composed of 55-75 percent of water. This liquid serves as the basis of urine, digestive juices, perspiration, and even blood, and is retained within the lean muscles, bones and fats.

Since the body cannot naturally store water, you need to replenish it with fresh supplies each and every day to make up for the lost amounts from you skin, feces, lungs and urine. Water is necessary to keep your body in shape and your muscles and cells well functioning. Among the many uses of water in the body, it aids in regulating the bloodstream for convenient circulation through the blood vessels, helps in eliminating unnecessary wastes from metabolism, flushes out unwanted toxins, regulates the body's temperature by sweating, cushions and lubricates joints, carries oxygen and nutrients to the different parts of the body. Actually, these are just few of the substantial uses and importance of water within the human body.



Fresh water consumption is vital to keep you hydrated and to reduce the chances of several diseases. Taking more alcoholic drinks or decaffeinated beverages increase frequency urination. By this, you lose body water. Alcoholic and decaffeinated drinks bring on some diuretic effect into your body, which means they triggers the kidneys to discharge more urine. In doing so, you not only lose water but other essential nutrients and soluble vitamins like vitamin B or thiamine, vitamin C, and vitamin B complex. It is advisable that for every cup or glass of that alcoholic or decaffeinated drink you gulp, add an extra glass of pure and clean water.

A good diet consists of several servings of vegetables and fruits are extremely beneficial. It is not only rich with nourishing supplements, but it is sure to provide you with an approximate four cups of refreshing water supply every day. But even with a diet filled with these fiber-rich fruits and vegetables, you still need to take six to eight more cups of glasses of water daily to reach the sufficient water level your body needs every day.

When the water level in your body is not enough to supply its need for normal functions, you will be dehydrated. Dehydration results to many unfavorable and miserable maladies that if not given attention to can result to more severe and even fatal conditions. To avoid such alarming predicament, do not forget to increase your fluid intake. Dehydration can be detected by symptoms of lethargy, headache, slow responses, mood swings, cracked lips, dry nasal passage, dark-colored urine, hallucinations, tiredness, confusions, and weakness. Other symptoms not mentioned may also be indicated by dehydration cases. As soon as some abnormalities are observed, seek medical help right away. For worst scenarios, a dehydrated person stops urinating, and there will be some kidney malfunctions, and waste products cannot be naturally removed resulting to accumulation of toxins within and unfortunately, leads to something fatal as death.

As plain as it is, water is therefore, extremely important to one's body and health in general. A recommended minimum of eight glasses must be consumed daily. This is enough to provide

## Quotes

I look forward to the invention of faster-than-light travel. What I'm not looking forward to is the long wait in the dark once I arrive at my destination. — Marc Beland.

I just got lost in thought. It was unfamiliar territory. — Bumper sticker.

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**Lexur**

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the body with its needed liquid supply for its system to function normally and healthily. It is imperative that if you exert in a more stressful and physical activity, you double your water intake, as such activity requires much water fueling.

**About the Author**

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**In the news...**



UN atomic watchdog chief circulates latest report on Iran  
The new report covers developments since International Atomic Energy Agency (IAEA) Director General Mohamed ElBaradei issued his last report on 22 February 2008.

**What's your favorite school subject?**

- Math
- Science
- History
- English
- Arts
- Other

**Vote**

**Things to ponder**

Why is it called a "near miss" when you don't hit something?

**Did you know...**

There is no salt water in salt water taffy.

**Quote of the day**

See what will happen if you don't stop biting your fingernails?  
Will Rogers

**Featured article**

Babywearing is the practice of wearing or carrying a baby in a sling or other type of child carrier. Babywearing is far from new and has been practiced for centuries around the world. The Benefits of Babywearing...

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**K**

What I **know** about water in  
the body

**W**

What I **want** to know about  
water in the body

**L**

What I **learned** about water  
in the body