

The background is a solid teal color. In the center, there is a large, light blue, abstract, organic shape that resembles a water droplet or a cloud. The text is centered within this shape.

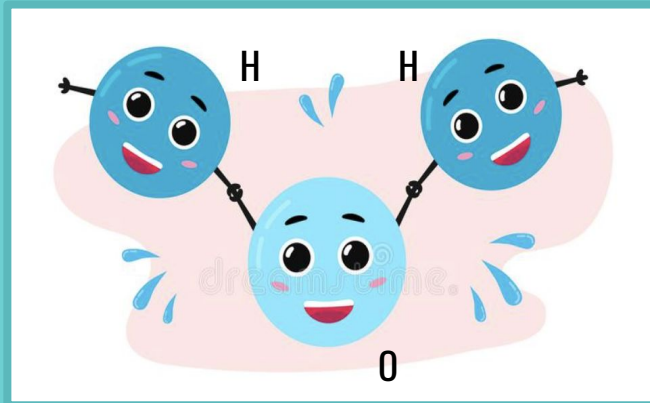
WATER IN OUR BODY

WHAT IS WATER?



Water is made up of small particles

- The chemical formula for water is H_2O
 - 2 Hydrogen (H) particles
 - 1 Oxygen (O) particles



Water can exist in different forms!

- Solid → Ice
- Liquid → Water
- Gas → Steam

Let's talk about it:
Where do you see these
three forms of water?



SOLID



LIQUID

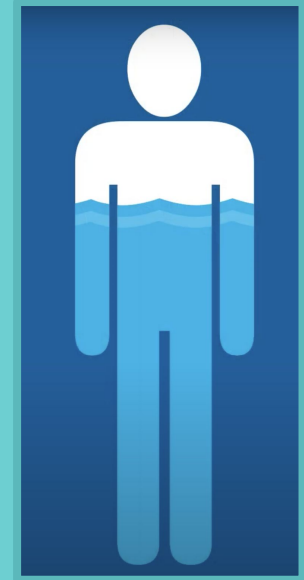
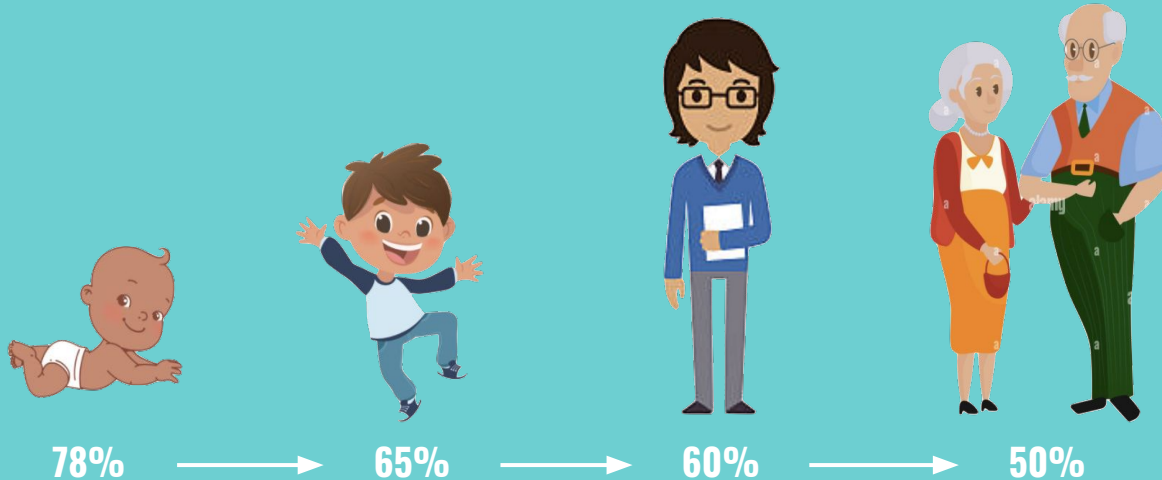


GAS

WATER AND THE HUMAN BODY

60% of the adult human body is water!

- The percent of water in the body changes as you grow up!



60%

WATER AND THE HUMAN BODY



78%



65%



60%



50%

Infants:

- Infants have a lot of water in their bodies to help them grow, which is why they drink so much breastmilk and formula!

Kids, adults, and seniors:

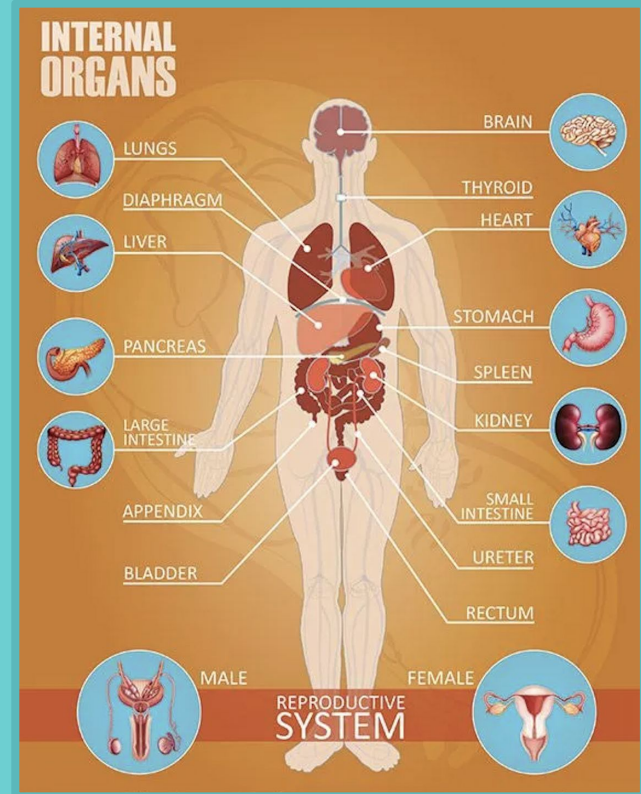
- As you age, you have less muscle and more fat, which lowers the amount of water in your body
 - Muscles have a lot of water
 - Fat does not have a lot of water

THE HUMAN BODY OVERVIEW

What are organs?

- Organs work together to carry out specific functions within the body to make your body work
- You will get to explore some of these organs and their functions later

Fun Fact: Did you know that we have over **75** different organs in our bodies?



WATER AND THE HUMAN BODY

How much water is in our organs?

Brain & Heart	73% Water
Lungs	83% Water
Skin	64% Water
Muscles & Kidneys	31% Water
Bones	31% Water

We have A LOT of water in our bodies!

