

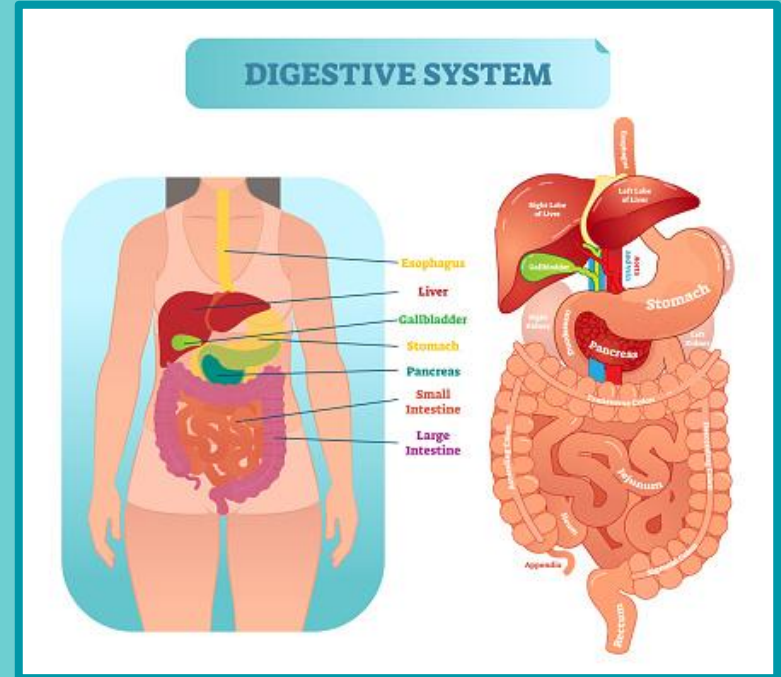
WATER AND DIGESTION

What is digestion?

- The physical and chemical process of breaking food down into nutrients that can be used by our bodies for energy and growth

Why is digestion important?

- Our bodies need a way to transform the food we eat and the liquids we drink into molecules our body needs to function



WATER AND DIGESTION

How does water help with digestion?

- Water is the number one component in spit (or saliva), that watery liquid produced by your mouth when you're hungry
- Saliva also contains digestive enzymes, small molecules that help break down our food
- Without water, we wouldn't have the main ingredient needed to make saliva which would make digesting food harder!



WATER AND DIGESTION

How else does water help with digestion?

- Water helps you poop (or defecate) out solid pieces of waste that your body doesn't need anymore!
- If you don't drink enough water, your poop will be hard and pooping may hurt!

Fun Fact: Did you know that **75%** of normal poop is made of **water**?



WATER AND DIGESTION

How else does water help with digestion?

- Water also helps you pee (or urinate)!
- Peeing (or urinating) is another way that your body gets rid of waste and extra water that it doesn't need!

Fun Fact: Did you know that **95%** of normal pee is made of **water**?

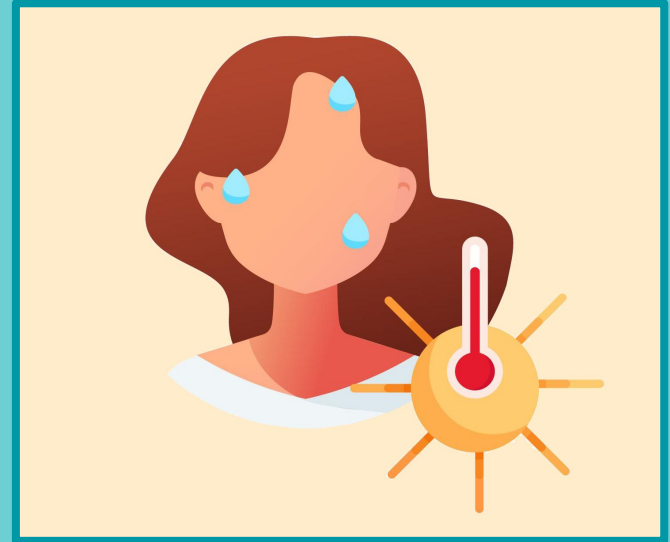


WATER AND SWEATING

What is sweat?

- Sweat (or perspiration) is made almost completely out of water and is released from our body when we get hot!
- When our body comes too hot, we lose water through sweat. Then the evaporation of the sweat removes heat from our body!

Evaporation is when a liquid changes into a gas. Think of a puddle drying up when the sun comes out. Likewise, the sun's heat helps the sweat evaporate off of your skin and return into the atmosphere.



TRY IT LATER!

Let's sweat!

- Go outside and play a game of fútbol with your friends!
- When you start feeling hot, feel your skin to see if it's wet with sweat!
- That's your body trying to cool off! At this point, even a slight breeze will feel nice on your skin and help to cool you off.
- Also, sweat is salty. Sometimes you may taste the saltiness of the sweat as it runs down your face!

