NAME:_____ DATE:_____

WATER AND FIBRE WEBQUEST

A. Watch the video Water - Functions Of Water In The Body - Benefits Of Drinking Water https://www.youtube.com/watch?v=gbJxgRqzN3A and answer the following questions.

1. Four ways that water is lost from the body are:

a. P_____ b. B_____

c. B_____ M_____ d. U_____

2. Ten functions of water are:

a. Acts as a L_____ b. Main component of S_____

c. Helps L_____ joints d. Regulating B_____ T_____

e. Major component of the fluid B_____ f. Helps keep tissues M_____

g. Helps remove T_____ and W_____ h. H_____ muscles

i. S_____ stool (feces); prevents C_____ j. Helps keep S_____ from C_____

B. Watch the video What would happen if you didn't drink water? https://www.youtube.com/watch?v=9iMGFqMmUFs and complete the following sentences.

The average human is between _____ % to _____% water and this depends on the following four factors L_____, F_____ I_____, A_____ and S_____. Babies generally are made up of _____% water before their first birthdays. Our body parts B_____ and H_____ are 3/4 water and our lungs are _____% water. Bones are _____% water.

Not drinking enough water affects our E_____ levels, M_____, S_____ M_____ and or B_____ P_____. Men need between _____ litres to _____litres daily, while women need _____ litres to _____ litres. How much water we all need, depends on our W_____.Three foods with over 90% water are S_____, C_____ and B_____. Proper hydration over the long term helps lower chances of S_____, manages D_____ and reduce the risk of certain C_____. If we do not drink enough water, we become D_____. Over-hydration is also a problem and the scientific name for this is H_____.

LIVEWORKSHEETS

C. Watch the video Mayo Clinic Minute: The importance of Dietary Fiber https://www.youtube.com/watch?v=QDBJ24A1Vak and answer the following questions.

1. Eight sources of fiber shown in the video are:

a. H_____ F_____ C_____ b. F_____

c. N_____ d. S_____

e. W_____-G_____ P_____ f. V_____

g. B_____ h. L_____

2. Men under 50 need _____ grams of fiber and older men need _____ grams.
3. Women under 50 need _____grams of fiber and older women need _____ grams.

4. Functions of fiber are:

a. B_____ H_____

b. Protects against B_____ C_____

c. Manage the disease D_____

d. Maintain a healthy W_____

5. Drink lots of W_____ with your fiber to prevent C_____ which is the hardening or feces that make it painful to pass out of the body.

LIVEWORKSHEETS