

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 \_\_\_\_\_.

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.