

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 of feces that make it painful to pass out of the body.