



**Tell whether the statement is true  
about water or Fibre.**



1. It helps to remove waste products like urine from the body.
2. It prevents constipation
3. It makes up about 65-70% of the human body
4. It lubricates the joints and membranes
5. It can be found in soups and fruit juices
6. It can be found in whole grain cereals
7. It's the name given to the indigestible parts of foods
8. A lack of this will cause dehydration
9. Extra amounts of this is needed after vomiting and diarrhea
10. It helps to soften waste products as they pass through the body.