

ACTIVITY SHEET

KS2 Your body and water

Quiz

1. How much of your body is made up of water?

- One quarter
- One third
- Two thirds

2. Which organ helps to get rid of waste water your body doesn't need?

- Liver
- Kidney
- Lungs
- Heart

3. How much water should a child try to drink every day?

- One glass
- One pint
- One litre

Taste test

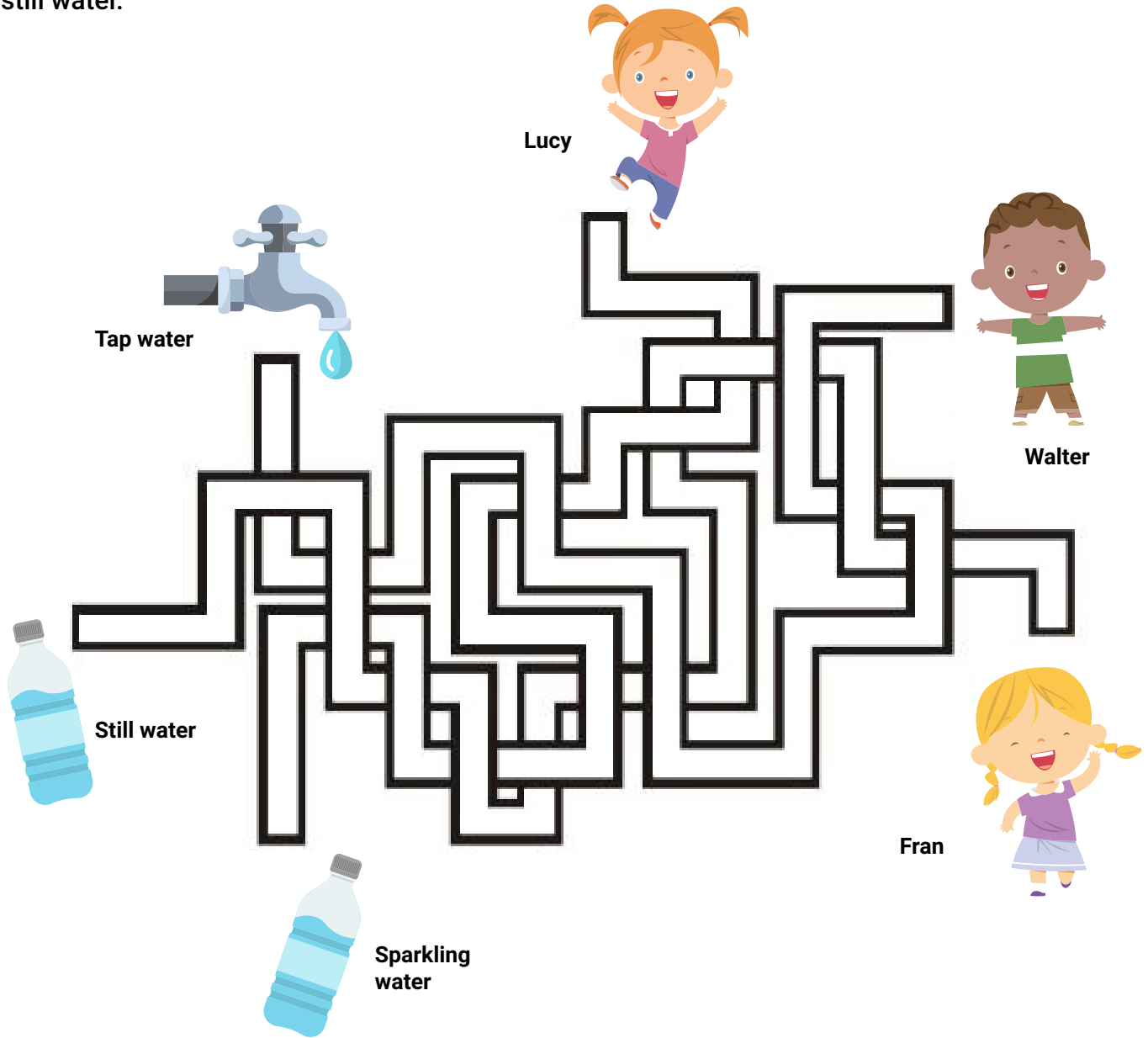
Try this test with a friend.

1. Give your friend a glass of water from the tap and a glass of still bottled water - but don't tell them which is which.
2. Make sure you give them the water in similar glasses or mugs, and make sure the temperature of each water is the same (for example, keep them both in the fridge for a while).
3. Can your friend tell which is bottled water and which is tap water?
4. Which one do they prefer?



Draw a straw

Draw a straw following the paths to see who is drinking the tap water, the sparkling water and the still water.



Remember - it doesn't much matter which water you drink, as long as you drink plenty - and tap water is by far the cheapest!