



Drinking

We need water as well as food to keep healthy. When our body needs water it makes us feel thirsty.

Our body is mostly made up of water. Our blood has water in it, so does our skin and muscles.

Our bodies also use water to get rid of parts of our food that we don't need to keep.

The body loses water when we sweat and when we go to the toilet.



We lose water when we go to the toilet.



We put water back by drinking.

If we drink more than the body needs, we get rid of it by going to the toilet. But if we don't drink enough, the body holds on to what it has and doesn't flush the nasty substances away. This might make us ill.



Fizzy drinks have water in,
but also a lot of sugar.



Fruit squash has water
in, but little sugar.

There is water in everything we drink
– in fizzy drinks, in squash, in milk,
in tea and coffee.

What is important is that we drink
lots of water.



Milk has water in.

How many different kinds of drink do you drink?