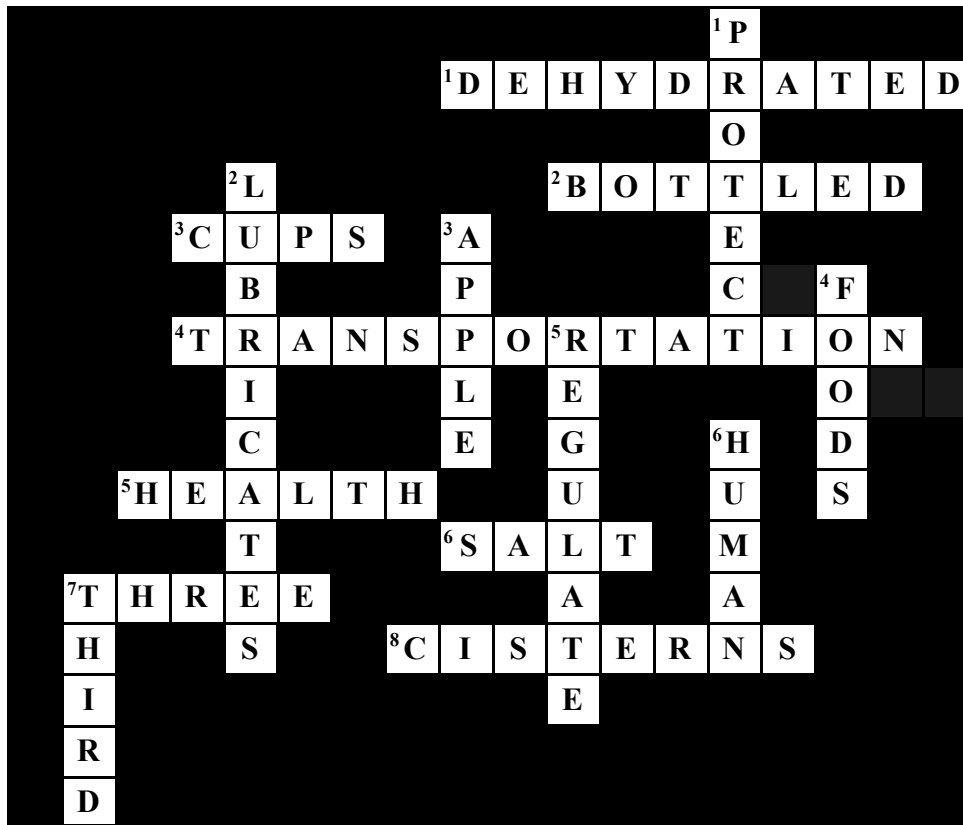




# Water is the Liquid of Life

## Crossword Key



### Down

1. We all can do our part to \_\_\_\_\_ our water resources.
2. Water \_\_\_\_\_ joints, making it easier for bones to slide and move.
3. An \_\_\_\_\_ is approximately 84% water.
4. Our bodies get water from both \_\_\_\_\_ and beverages.
5. Water helps \_\_\_\_\_ body temperature.
6. The \_\_\_\_\_ body is approximately 65% water.
7. Grain products can be up to one-\_\_\_\_\_ water.

### Across

1. Over time, we become \_\_\_\_\_ if we lose more fluid than we consume.
2. \_\_\_\_\_ water is regulated through the Food and Drug Administration.
3. In general, adults need 6 to 8 \_\_\_\_\_ of water each day.
4. Blood is our body's main \_\_\_\_\_ system.
5. Physical activity, age, overall \_\_\_\_\_ and climate all impact the amount of water we need.
6. \_\_\_\_\_ water makes up almost 97 percent of the water on earth.
7. Almost \_\_\_\_\_-fourths of the world is covered in water.
8. Private water systems include wells, springs and \_\_\_\_\_.

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