



Wet, Blue, and Good for You



by Ellen Lawrence

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Wet, Blue, and Good for You

by Ellen Lawrence

Consultant:

Judy Wearing, PhD, BEd
Faculty of Education, Queen's University
Ontario, Canada

BEARPORT
PUBLISHING

New York, New York

Credits

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Publisher: Kenn Goin

Editor: Jessica Rudolph

Creative Director: Spencer Brinker

Design: Emma Randall

Photo Researcher: Ruby Tuesday Books Ltd

Library of Congress Cataloging-in-Publication Data

Names: Lawrence, Ellen, 1967– author.

Title: Wet, blue, and good for you / by Ellen Lawrence.

Description: New York, New York : Bearport Publishing, [2016] | Series: Drip, drip, drop: Earth's water | Audience: Ages 6–10. | Includes bibliographical references and index.

Identifiers: LCCN 2015040327 (print) | LCCN 2015041639 (ebook) | ISBN 9781943553259 (library binding) | ISBN 9781943553594 (ebook)

Subjects: LCSH: Water—Physiological effect—Juvenile literature. | Dehydration (Physiology)—Juvenile literature.

Classification: LCC QP535.HI L39 2016 (print) | LCC QP535.HI (ebook) | DDC 613—dc23

LC record available at <http://lccn.loc.gov/2015040327>

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For more information, write to Bearport Publishing Company, Inc., 45 West 21st Street, Suite 3B, New York, New York 10010. Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1



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Feeling Thirsty

If you play soccer on a hot day, you may start to feel thirsty.

This is your body's way of telling you it needs water.

You take a drink and the thirsty feeling goes away.

So why does your body need water, and where does it go once you swallow it?



A close-up photograph of a young boy with light brown hair drinking from a blue water bottle. The boy's eyes are closed, and he appears to be enjoying the water. The background is a clear, bright blue sky. A hand wearing a blue and green patterned glove is holding the bottle. A circular callout bubble with a water splash effect is positioned in the lower-left area of the image.

**Without water,
your body cannot
work properly. In fact,
a person can only
survive for a few days
with no water!**

We're All Made of Water

Every part of your body—even your blood—is made up of billions of tiny **cells**.

To keep your body working, your cells need things like **oxygen** and **nutrients**.

These substances travel through your blood, which is mostly made of water!



Your body takes in nutrients when you eat and drink.

When you take a sip of water, how do you think the water gets from your mouth into your blood?





**This photo was taken by
a powerful microscope.**

skin cells

**Your skin,
bones, and every
other part of your body
are made of cells. All cells
contain water. In fact,
your body is about 60
percent water!**