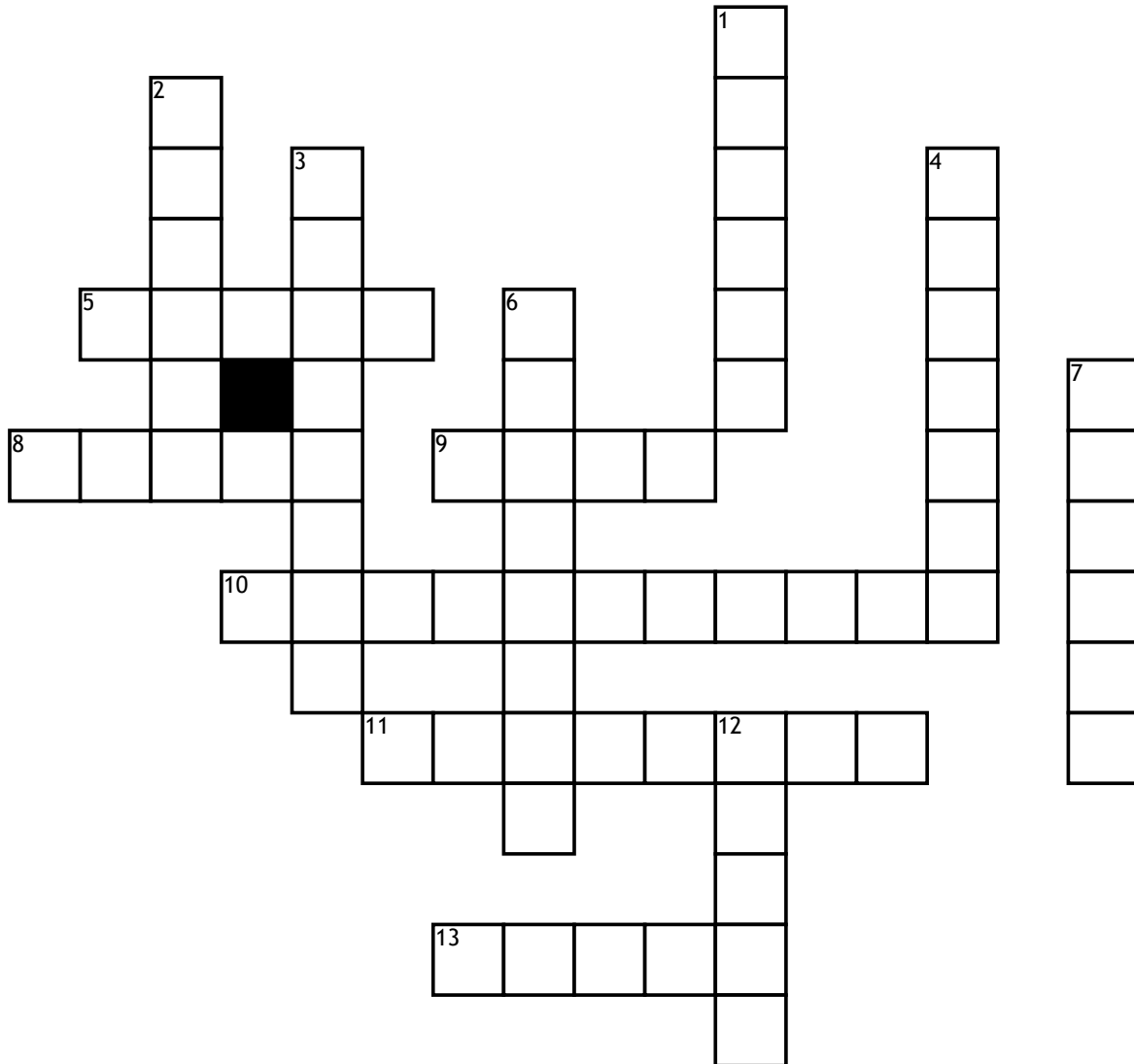


Water



Across

5. Water carries nutrients to the _____.

8. _____ is part of all body tissues and fluids.

9. People can live longer without _____ than without water.

10. Water helps control body _____ as it evaporates from the lungs and skin.

11. Water is an important _____.

13. Water helps _____ out waste.

Down

1. When the body loses as little as 10% of the normal water content, a feeling called _____ is experienced. This is nature's way of preventing dehydration.

2. Water helps _____ food.

3. Water contains no _____.

4. Water is a great choice, because it is _____ free.

6. Water _____ organs.

7. Water is necessary to lubricate our _____.

12. You should drink six to _____ glasses of water a day.