

Water for life

Water is vital for the survival of the human body. Water regulates body temperature. Fish and sea creatures swim in water. If plants don't get water they might die.

Plants

Water is essential for plants to be healthy, grow and live. Plants need water, light and food. Water helps seeds to sprout. Plants use their roots to find water. If seeds are too wet or too dry they will not survive.

Animals

Water is vital for animals to live. Animals need water to stay healthy and hydrated animals need water to cool down.

Humans

Humans need water to stay hydrated and drink and sometimes they swim in water and they use water to cook food in. Humans freeze water to make their drinks cold.

Water is great for life



