

## **H<sub>2</sub>O in Us** (Modified from “Aqua Bodies” pgs 63-5 of the Project WET Curriculum and Activity Guide, 1995)

### **Standards**

#### ***K-2 Science Standards***

Standard 3: Life Science

Benchmark 1: All students will develop an understanding of the characteristics of living things.

#### ***3-4 Science Standards***

Standard 3: Life Science

Benchmark 1: All students will develop a knowledge of organisms in their environment.

#### ***K-2 Math Standards***

Standard 4: Data

Benchmark 2: (Statistics) The student collects, displays, and explains whole number and other data in a variety of situations.

#### ***3-4 Math Standards***

Standard 4: Data

Benchmark 2: (Statistics) The student collects, displays, and explains whole number and other data in a variety of situations.

### **Purpose**

The purpose of this activity is to understand that all organisms are composed of water.

### **Objectives**

1. Students will understand that 70 percent of their bodies are made up of water that is in their cells and blood, and not free-flowing throughout their body.
2. Students will be able (if applicable to grade level) to compute a simple algebraic equation to find the amount of water in their body using their weight.

### **Vocabulary**

- Body water content: the portion of the body composed of water; expressed as a percentage of total body volume

### **Activity**

- Have students split into groups of two and trace each other on butcher paper, newsprint, or the sidewalk. Explain that 70 percent of their bodies are composed of water and have them illustrate this onto their paper by splitting their tracing into 10 parts and coloring 7 of the 10 parts.

- Because one gallon of water weighs 8.3 pounds, students can calculate how many pounds of water are in their bodies if they know their weight. Multiply their weight by .70 and divide by 8.3 gallons. For example, a student that weighs 90 pounds would have approximately 7.6 gallons of water in their body ( $90 \times .70 / 8.3 = 7.6$ ).
- Have students guess the percentage of water in each of the following organisms. Explain that all organisms have at least 50 percent water content.

<u>Organism</u>	<u>Percent Water</u>
Pizza	49
Dog	63
Corn Plant	71
Carrot	88

- Show students a grape and a raisin. Tell them that a grape is 81 percent water. Ask them the difference between the raisin and the grape.

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