



WATER

By Lindsay Shea





WATER



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By Lindsay Snea
A Crabtree Seedlings Book



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crabtreebooks.com

School-to-Home Support for Caregivers and Teachers

This book helps children grow by letting them practice reading. Here are a few guiding questions to help the reader with building his or her comprehension skills. Possible answers appear here in red.

Before Reading:

- What do I think this book is about?
 - *I think this book is about water.*
 - *I think this book is about why we need water.*
- What do I want to learn about water?
 - *I want to learn why drinking water is important.*
 - *I want to learn how much water we should drink every day.*

During Reading:

- I wonder why...
 - *I wonder why we should drink more water after exercising.*
 - *I wonder why being dehydrated can make us feel tired.*
- What have I learned so far?
 - *I have learned that more than half of the body is made of water.*
 - *I have learned that drinking water is good for our muscles.*

After Reading:

- What details did I learn about water?
 - *I have learned that we should drink five to eight glasses of water a day.*
 - *I have learned that we can get water from some of the foods that we eat.*
- Read the book again and look for the vocabulary words.
 - *I see the word **energy** on page 9, and the word **dehydrated** on page 14. The other glossary words are found on pages 22 and 23.*

WATER



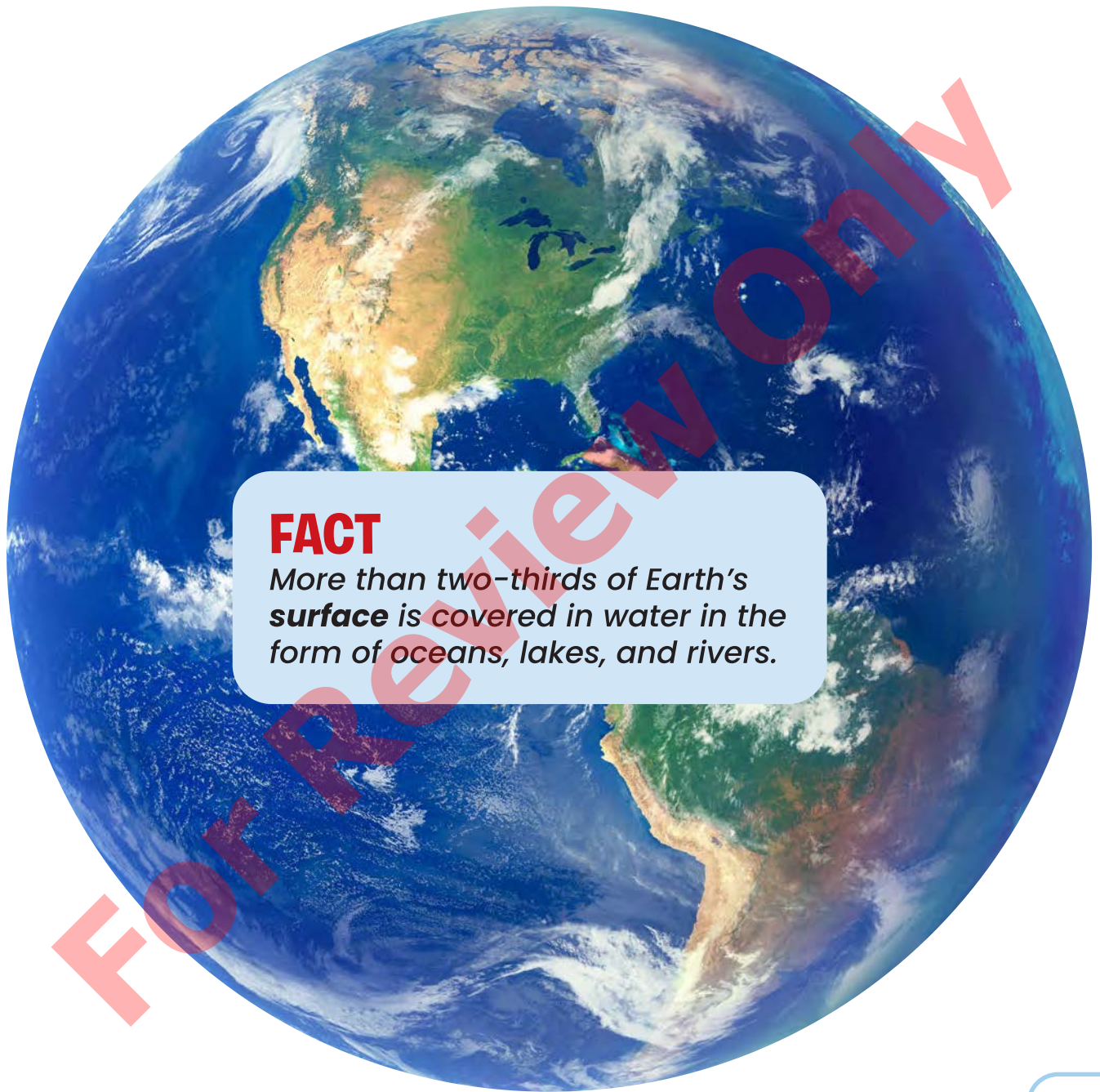
Drinking water is one of the most important things you can do for your body.

Water keeps you healthy. Without water, your body does not work the way it should.





More than half
of your body
is made up of
water. So it is
important to
drink lots of
water every day.



FACT

*More than two-thirds of Earth's **surface** is covered in water in the form of oceans, lakes, and rivers.*

The blood in your body is made mostly of water. Without water, your blood would not flow.



DID YOU KNOW?

*Blood brings **energy** to all the parts of your body. Your body needs energy to play, to learn, and to grow.*