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The Importance of Water, Living Organisms, Human Beings, Questions

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Questions

What is the Importance of the Water?

Answer:

Water carries nutrients to all cells in our body and oxygen to our brain. Water allows the body to absorb and assimilate minerals, vitamins, amino acids, glucose and other substances. Water flushes out toxins and waste. Water helps to regulate body temperature.

What Are the 5 Uses of Water?

Answer:

- Drinking and Household Needs.
- Recreation.
- Industry and Commerce.
- Agriculture.
- Thermoelectricity/Energy.

What Are 3 Reasons Why Water is Important?

Answer:

- Water boosts energy. Water delivers important nutrients to all of our cells, especially muscle cells, postponing muscle fatigue.
- Water helps weight loss. Water helps you feel full longer, without adding any additional calories.
- Water aids in digestion.
- Water detoxifies.
- Water hydrates skin.