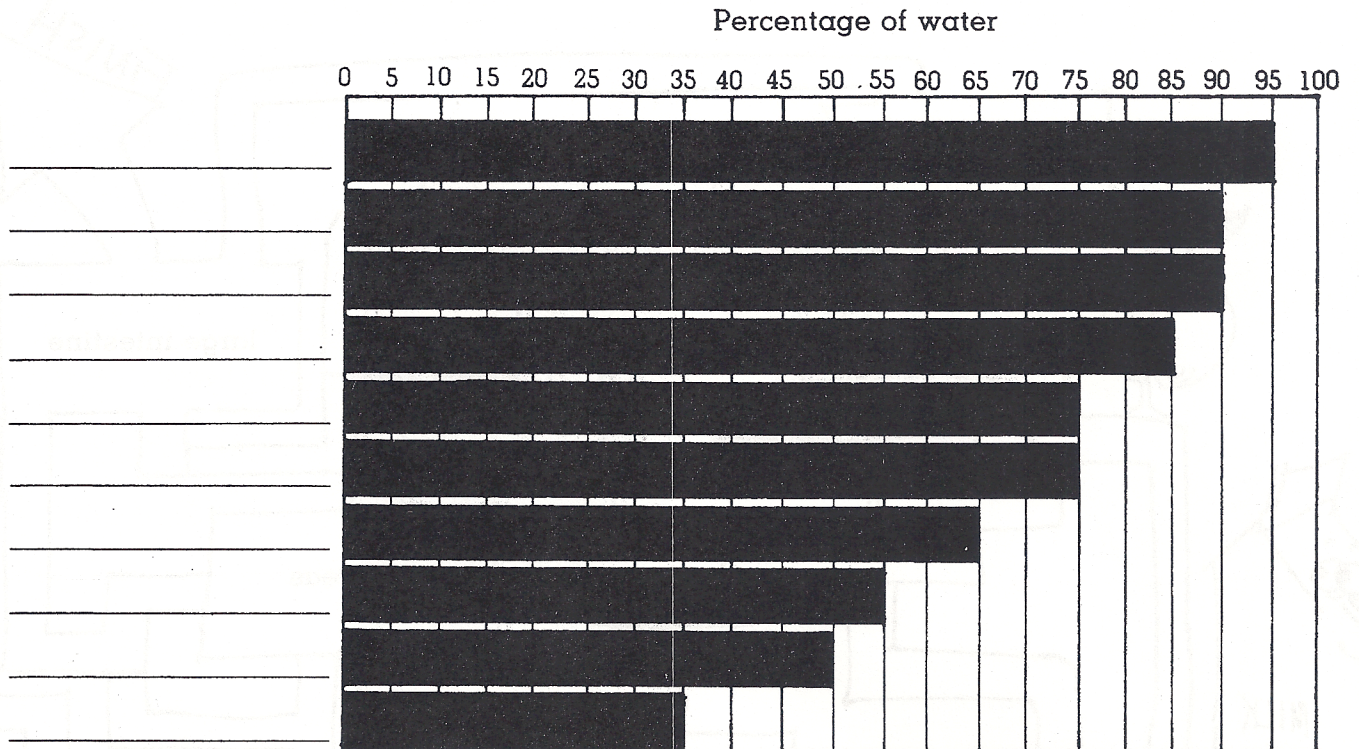


# WATER, WATER EVERYWHERE

The one nutrient your body must have is tasteless and colorless. What is it? Water! You know that water comes out of a faucet. But did you know that many of the foods you eat contain water? Below is a list of foods and the percent of water each contains. Use the information from the list to write the names of the foods on the correct lines in the bar graph.



Food	Approximate percentage of water	Food	Approximate percentage of water
apple.....	85 percent	eggs.....	75 percent
banana.....	75 percent	ice cream.....	65 percent
bread.....	35 percent	lettuce.....	95 percent
carrots.....	90 percent	pizza.....	50 percent
chicken.....	55 percent	yogurt.....	90 percent

