


## Use of Water

 All plants and animals need water to survive. There can be no life on earth without water. Our body use water in all the cells, organs and tissues to help in regulating the body temperature and maintain other body functions.

Water helps to improve the circulation of oxygen throughout the body. It also plays a crucial role in the digestion of food. Water is a very important component of saliva, which helps break down food. The excretion of waste in the human body requires water.



## USES OF WATER



**Washing**

**Drinking**

**Cooking**

**Watering Plants**