

Importance of Water for Life

Chapter 1: Water — The Essence of Life · Topic 1

Key Concept

Our bodies are made up mostly of water, and we need to drink water regularly to stay hydrated and keep our organs functioning properly.

Plants need water to grow, make food through photosynthesis, and transport nutrients throughout their structure.

Water is also essential for farming, industry, and generating hydroelectric power, showing its importance beyond just drinking.

Since water is essential to nearly all life processes, protecting and conserving water sources is crucial for the survival of all living things on Earth.

Quick Revision Notes

- Water is essential for plants, animals and humans.
- Our bodies are made up mostly of water.
- Plants need water for growth and photosynthesis.
- Water is essential for farming and industry.
- Water can generate hydroelectric power.
- Water supports nearly all life processes.
- Protecting water sources is crucial for survival.
- Water conservation matters for all living things.

Practice Questions

- 1 List five ways your family uses water each day.
- 2 Discuss why plants need water to grow.
- 3 Research how hydroelectric power is generated.
- 4 Explain why drinking enough water is important for health.
- 5 Discuss why we should protect water sources.
- 6 Track your family's water usage for a day.