

ISSUE

Some doctors think that you should drink a glass of water first thing in the morning before doing anything else. The temperature of the water should be similar to the body **temperature**; not hot, not cold. Water not cold. Water helps your body in many ways. clean out your **kidneys** and **prepares** your stomach for **digestion**. Water can also help your intestines work better. After drinking water, the intestine can easily take out nutrients from our food. And water helps us go to the bathroom easily. Scientists suggest that people **take in** 1600 milliliters of water each day. But don't drink all of that water **in one sitting**. If you do, your kidneys will have to work much harder to **eliminate** it. It's better to drink some in the morning and some in the afternoon. Some people think its better to drink between meals and not during meals. They think water dilutes the juices produced in our stomachs. This can **interfere** with normal digestion. Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you probably need to drink more water. A little more water each day could make you much healthier!

Vocabulary

Choose the word or phrase with the same meaning as the underlined word on the next page:

- a) gets ready for
- b) remove; get rid of
- c) the process of breaking down for use by the body
- d) organs in the body which remove waste from the blood
- e) the degree of heat
- f) delay; prevent

- \_\_\_ 1) How can I eliminate this small window from my room?
- \_\_\_ 2) It's a very hot today. Do you know the temperature?
- \_\_\_ 3) The kidneys are important in cleaning our blood.
- \_\_\_ 4) I can't eat spicy foods. Digestion is not easy for my stomach.
- \_\_\_ 5) Music can interfere with my studying. I can only study in a quiet room.

### Express Yourself

- 1) What is the advisable amount of water must humans drink a day?
- 3) The importance of water mentioned in the article is mainly for human body. What other aspects can water be important?
- 3) What are the projects of your government in order to conserve water?
- 4) Is water commercialized in your country? Why is it so?

