

Name: _____ Date: _____

**KidCare Nutrition
Drinking Water Quality and Health
(1 hour of Nutrition)**

1. Lead contamination generally gets into drinking water through what means?

2. About how much of our body weight is made up of water? _____

3. Under the Safe-Drinking-Water Act municipalities are required to monitor quite a few organic chemicals in the drinking water they provide to their residents. What is an "organic chemical" and why would they need to be monitored?

4. Tap water and bottle water have differences. One is in the way it's processed and the other is taste. Give an explanation of these differences.

Processing-

Taste-

5. The average number of days a person can survive without water is _____ days.

6. Most people prefer soft water. What is one drawback of consuming soft water?

7. Chlorination does not kill the one-celled parasite named _____, which you cannot see, taste or smell.

8. What are the effects of too much fluoride on tooth enamel?

9. Besides fluorinated water, name a few of the other factors that have contributed to the decline of tooth decay in the United States.

10. Name some ways to increase the amount of drinking water that you offer daily to the child care children.