

Name _____ Date _____

The Wonders of Water

Water plays an important part in our lives and in our environment. It covers nearly three-quarters of the Earth's surface. It is fun to play in, but it is also needed for life. In fact, we can not survive without water to drink. People also need water to wash, cook, and grow food. Every living thing needs water. Without it, plants and trees would not grow, aquatic life would have no where to live, and animals who find their food in the water would have nothing to eat. Up in Earth's atmosphere, water vapor cools and collects into clouds. When enough clusters of cloud particles stick together, they tumble back down to Earth as rain, snow, hail, or sleet. So, without water the water cycle would not work, and we would not have precipitation on Earth. Did you know that most of the world's population does not have access to clean water? We are very lucky to live in a country where clean water is available for us to drink. It is up to us to be responsible users of the water we have on Earth.



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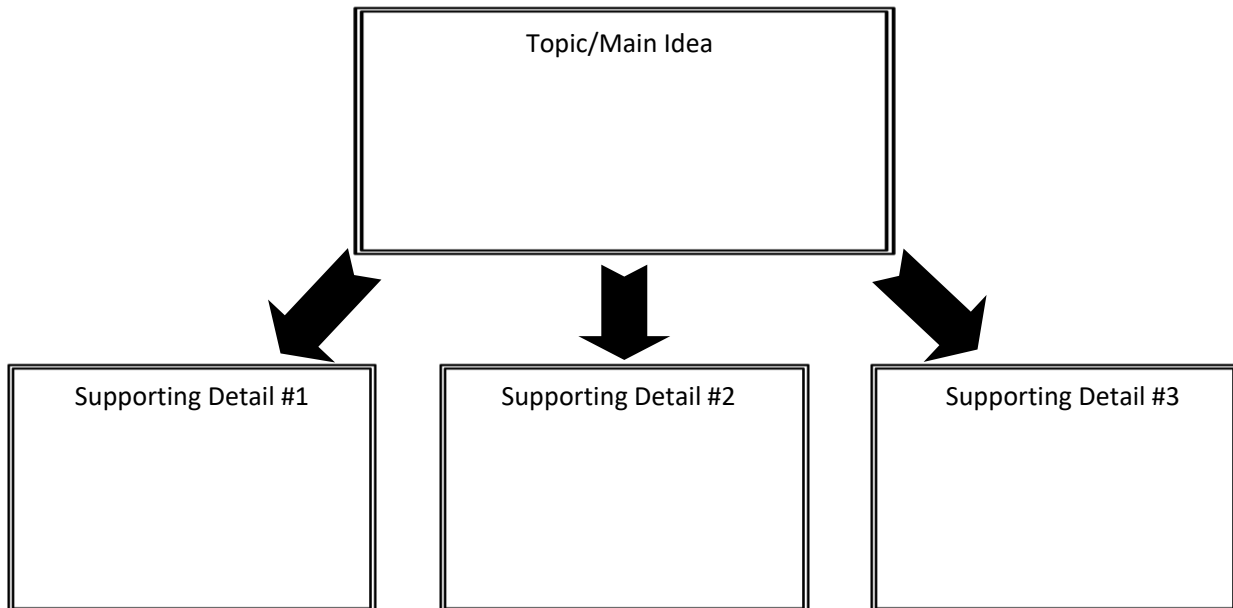
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Preventing Cavities

There are many ways you can protect your teeth from cavities. When cavities form they give bacteria a place to hide while forming a clear coating on your teeth called, plaque. A build up of plaque can burn holes in your teeth, so it is important to prevent the plaque from forming. Using fluoride toothpaste is a good way to prevent cavities. Fluoride is a chemical that hardens your tooth enamel and makes it harder for acids to burn through your teeth. Some water bottling companies add fluoride to their water, so drinking water with fluoride in it will also help. Another way you could prevent cavities is to avoid sugary foods, and chew sugar-free gum. Bacteria loves sugar, and when you eat lots of sugar they eat, too! There are many ways to prevent cavities, but the best way is to brush for two minutes, at least two times a day, using fluoride toothpaste and a toothbrush. By doing this, you are making sure that you still have your teeth when you are older. It will also give you something to smile about!



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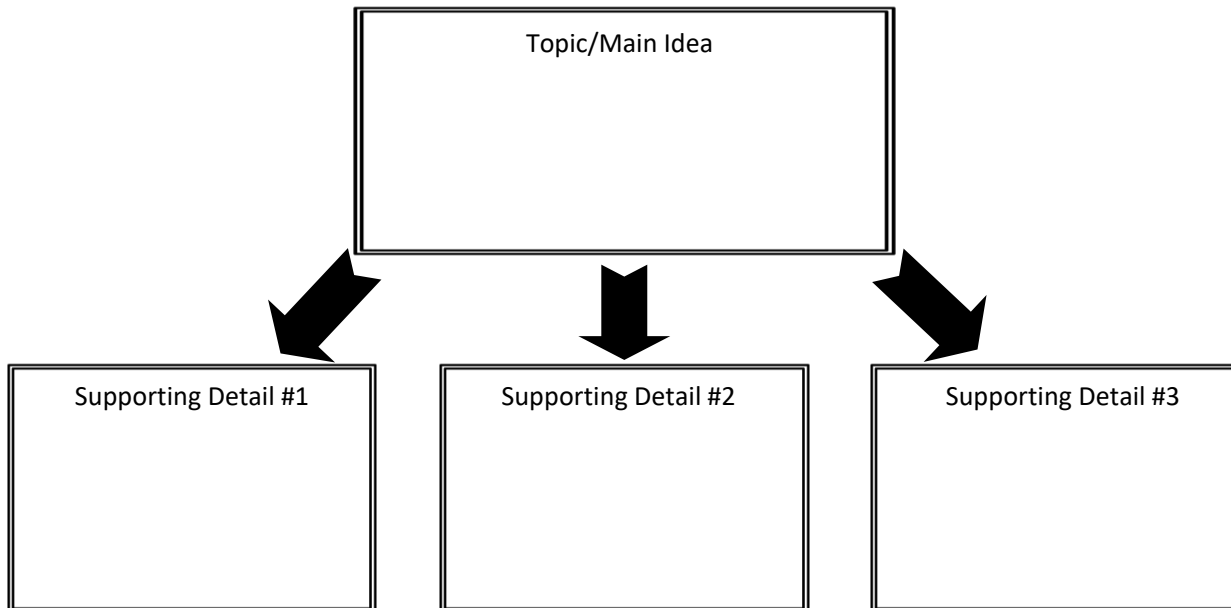
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