

Clean Water

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Can you imagine living on a planet with no water? For a day it would be like spending time in the Sahara desert, but no water at all would mean no life at all! Water is a very important natural resource. Without water, life as we know it could not exist.

Pure water is colorless, odorless and tasteless. It is made up of two elements: **oxygen** and **hydrogen**. Water can be found in three forms: **liquid** (lakes, rivers, oceans, rain), **solid** (ice, snow) and **gas** (water vapor and steam).

Some of the most common uses for water are in our homes. Many things you do at home directly involve water: drinking, preparing food, bathing, washing clothes and dishes, brushing your teeth, watering the yard and garden, and even washing the dog. Water is needed to grow plants and to feed livestock.



We also need water to be healthy. We are made up of mostly water, and it plays many different roles in the functions of our bodies. Water helps us to digest foods, it is the main ingredient in blood and sweat, and it helps to move waste out of our bodies through urine.

How else is water used? In some places, moving water is used to create electricity. This is called **hydro-electric power**. (Read more about this in the next *Greentimes!*) It is another example of how valuable water is to us. Water is very important and has many uses, so we should all try not to waste it. You can start at home by not leaving the water running when you are not using it, and big companies can help keep our water clean by not pouring harmful chemicals in lakes and rivers!