

**LT: I can use text and video resources to explain how the body maintains a balance of water.**

4.1.2c

Water makes up about 75% of the human body. Water is necessary for different reactions to take place in your body and allows for the proper function of body systems.

Choose which of the following structures helps a person maintain water balance.

\_\_\_ sweat gland

\_\_\_ stomach

\_\_\_ kidney

\_\_\_ skin

\_\_\_ lungs

\_\_\_ fingertips

\_\_\_ tear ducts

\_\_\_ brain

It's a very hot day and John and his friends are out for a long walk. John's water bottle is empty. Explain why John needs water and describe how the structures you checked above help to maintain balance.

**TASK Question: How does water balance occur in humans?**

In your response, be sure to explain how each of the items you checked would contribute to water balance.

**Read/ Explore** the resources silently:

[http://www.bbc.co.uk/schools/gcsebitesize/science/add\\_ocr\\_pre\\_2011/homeostasis/waterbalrev1.shtml](http://www.bbc.co.uk/schools/gcsebitesize/science/add_ocr_pre_2011/homeostasis/waterbalrev1.shtml)

<https://2012books.lardbucket.org/books/an-introduction-to-nutrition/s11-03-regulation-of-water-balance.html>

**Generate** ideas (quick notes, bullet your ideas)

**Sort** ideas and mark the ideas that seem to be the most useful.

**Solve** the task question by writing a thorough response using sorted ideas.