

Water: The Forgotten Nutrient

10

Water Crossword

Activity A

Chapter 10

Name _____

Date _____ Period _____

Across

2. A liquid in which substances can be dissolved is a _____.
5. Water outside the cells is _____cellular. (prefix)
8. This contains water to help lubricate food as you swallow it.
10. Water serves as a medium for _____ reactions.
12. A substance that reduces friction between surfaces is a _____.
15. A person who has an abnormal loss of body fluids is said to be _____.
16. A substance that increases urine production is a _____.
19. _____ water has been enhanced with specific nutrients or supplements intended to aid or improve health or energy outcomes.

Down

1. Regularly drinking excessive amounts of water can lead to water _____.
3. Body fluids that contain water are saliva, blood, digestive juices, urine, perspiration, and _____.
4. Water helps remove body wastes through exhaled water vapor, urine, feces, and _____.
6. This body tissue is about 75 percent water.
7. This body tissue is 20 to 35 percent water.
9. This is a lubricant for your eyes.
11. Body fluids that regulate body temperature are perspiration and _____.
13. Water is a _____product of nutrient metabolism. (prefix)
14. Kidneys form this when they draw water and wastes from the blood.
17. Water inside the cells is called _____cellular. (prefix).
18. Water determines the shape, size, and firmness of a(n) _____.

