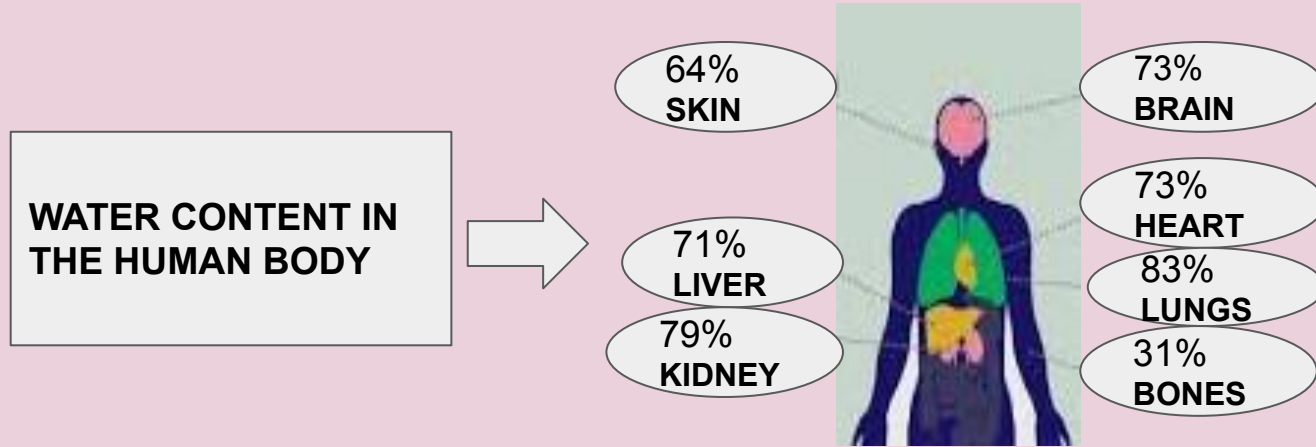


PROJECT OLA

# THE IMPORTANCE OF WATER



**Water** or H<sub>2</sub>O, as it is chemically called, has an essential role in maintaining life. This is the force that creates and gives life, without water, the particles could not circulate or mix. If we analyze a little the world we live in, we can observe, without having any specialized knowledge, the fact that water really has an important role. Water covers the earth in a proportion of 70%, and in this proportion we also find it in our body. Man without water can not live more than 3-5 days, in optimal conditions and good health. It occupies an almost basic place in the food pyramid, which means that it is necessary to consume a large amount of water regularly.



Doctors recommend consuming at least 2-3 liters of water per day, the human body losing at least 200 ml in the process of respiration, and sweating and diuresis losing the largest amounts, which means that in the absence of consumption of the minimum amount of water per day, there is a risk of dehydration. Drinking a glass of water on an empty stomach improves metabolism and prepares the whole body for a new day.

### **The characteristics of drinking water are:**

- colorless
- odorless
- tasteless



**Water** is a food of mineral origin because it comes from the earth's crust.

**Water can be consumed:**

- in its natural state, directly from the spring or fountain;
- treated in special filtration plants and enriched with some substances to improve its characteristics.

**Water sources:**

- surface (rivers, streams, seas, oceans);
- underground (wells, springs)



Water filtration equipment



Peasant fountain

Water can be used for various purposes. The most important thing is that it is the raw material in making many food products; in this case, the water must be drinkable, of very good quality. The presence of tastes or smells of water can adversely affect the quality of food. Water enters the composition of food in different proportions; large amounts of water contain: milk, fruits, vegetables, meat. These products, in the presence of temperature and atmospheric humidity, degrade easily causing a decrease in the nutritional quality of the products: ripe fruits can mold in the area of a crack and can no longer be eaten.

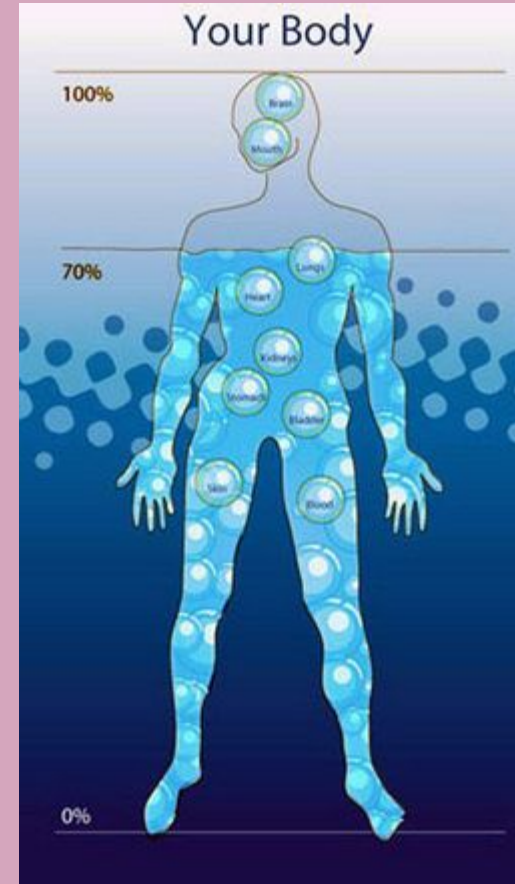
The water present in food products determines their quality and stability, storage period, resistance to transport and handling. Reducing the water content of some foods reduces their quality, and this is the case with vegetables and fruits that wither and are no longer tasty.



Produce

## Functions of water in the human body:

- Regulates body temperature;
- Ensures skin quality;
- It is a natural lubricant for the joints;
- Helps absorb nutrients;
- Transports nutrients;
- Removes toxins;
- Helps digestion and all chemical reactions;
- It is essential for circulation;
- Humidifies the air we breathe;
- Protects vital organs, creating a protective layer;
- Regulates the level of protons and electrons in cells;
- Protects against cosmic radiation and other types of radiation;
- It is the main carrier of information and light.



We must not forget that plants use water in the process of photosynthesis through which they eliminate oxygen, another vital element. Plants without water, wither and just like animals die. For about 21% of animals, water is also a living environment. At the same time, in salt waters, seas and oceans, algae and phytoplankton extract the amount of  $\text{CO}_2$  from surface waters and release  $\text{O}_2$ , thus maintaining the balance in the composition of the Earth's atmosphere. Without life in the seas and oceans, the amount of  $\text{CO}_2$  would triple, and in the conditions of a polluted environment, the level and quality of our life would decrease drastically. In the 21st century, the problem of water will become very important, water being a limited resource, and its quality and quantity influence human life. Great attention must be paid to this problem, in order to continue life on planet Earth, given that currently over 1 billion people do not have access to drinking water which causes the death of about 5 million people a year.

It is necessary for all of us to learn to take care of this limited and at the same time vital resource and to reduce its pollution and waste.

