

# Water

## This nutrient:

- ♥ We can not live without
- ♥ Helps keep our eyes, nose and mouth moist
- ♥ Helps control our body's temperature
- ♥ Helps our joints, like elbows and knees, move smoothly



Strawberry



Watermelon



Tomato



Cantaloupe



Spinach

**Fruits and vegetables you can eat that have lots of water**

This material was created and approved as an extension to Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information in Tulare County, call 1-800-834-7121. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

# Water



## This essential nutrient:

- ♥ We can not live without
- ♥ Helps keep our eyes, nose and mouth moist
- ♥ Helps control our body's temperature
- ♥ About 60-65% of the human body is made up of water
- ♥ Helps our joints, like elbows and knees, move smoothly



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**Tulare County Office of Education**

*Jim Vidak, County Superintendent of Schools*