

Science 9-Biology
Worksheet 6-5—Fibre and Water



10

Name _____
Due Date _____
Show Me <input type="checkbox"/> Hand In <input type="checkbox"/>
<i>Correct and Hand In Again By</i> _____

Read pages 116-118 of SP to help you answer the following questions:

- Water makes up roughly what **percentage** of the human body? _____
- If you lose **1/10th** of the water in your body, what can happen? _____
- If you lose more than **1/5th** of your body water, what can happen? _____
- What are **three** ways in which **water** is used in the cells of our body?

- What would happen to cells if all the water was taken out? _____
- Explain how water helps maintain the correct body **temperature**. _____

- Why do you need to drink more water on **hot days**? _____
- What are two places in your body where water acts as a **lubricant**? _____

- Nutritionists recommend that we drink _____ of **water** daily.

10. Other than the tap or bottled water, name some foods that are high in **water content**.

11. What is a problem associated with drinking too much **tea, coffee** or **cola** soft drinks?

12. What are **two** problems associated with drinking too many soft drinks or **alcoholic** beverages.

13. Why isn't **dietary fibre** considered a nutrient?

14. What are **five good sources** of dietary fibre?

15. What type of **molecules** make up dietary fibre?

16. Are these molecules broken down into **glucose** so they can provide your body with energy?

17. Describe what effect **fibre** has on the **feces**.

18. Why do people in North America have higher rates of **intestinal cancer** than people in some other countries?

19. How can you be sure you're getting **enough** dietary fibre? _____

20. What part of the grain consists of **complex carbohydrates** which we can't digest (cellulose)? _____

21. Why is it that cows can get nutrition from **eating grass** and we can't. _____

