

DO WE DRINK ENOUGH WATER?

1

FIRST OF ALL, WE NEED THE WATER TO SURVIVE, BECAUSE IN OUR ORGANS THERE IS A LARGE PERCENTAGE OF WATER.

2

THE SECOND, IS THAT THE BENEFITS OF WATER ARE OBVIOUSLY MANY, AND VERY GOOD OVERALL FOR THE BODY, AS THEY CAN BE FOR WEIGHT LOSS, REDUCES HEART AND CANCER PROBLEMS AND HELPS KEEP SKIN PRETTY.

3

THE THIRD, IS HOW MUCH WATER WE SHOULD DRINK, WHICH DEPENDS ON YOUR SEX. MEN ARE SUPPOSED TO TAKE 3,7 LITERS AND WOMEN SHOULD TAKE 2,7 LITERS.

4

AND THE LAST THING IS THAT THE WATER ITSELF PRESENTS MANY MINERALS, SUCH AS CALCIUM, MAGNESIUM, POTASSIUM, SODIUM, IRON AND MORE!

CONCLUSIONS

THE CONCLUSIONS ARE THAT WE NEED TO DRINK WATER TO LIVE, BUT AMOUNTS OF STATISTICS SAY THAT WE DON'T DRINK THE WATER THAT WE NEED. THE SPANISH PERSON DRINKS LESS TO RECOMMENDED, THE MENS DRINKS 1,7 LITERS AND THE WOMENS DRINKS 1,6 LITERS. SO, GUYS, DRINK WATER FOR OUR BODY AND YOURSELVES.

3 ESO B

CARLOS LÓPEZ ROBERTO AND PABLO GOMEZ GALLEGO