

SUMMER 2025

the CRUNCH Club

Summer Edition



VOL 5

ALL THINGS WATER!

Did you know that your body is made of mostly of water? It's true. Here are 4 ways your body uses water:

- When you get hot, your body makes sweat to cool down – and that sweat is made from water
- Your blood is mostly made of water, helping to carry oxygen and nutrients to all your organs.
- Water helps keep your joints (like your knees and elbows) moving smoothly, – kind of like oil in a machine!
- After you eat, water helps your body break down food and use the good stuff (nutrients) from it.

Make Your Own Fruity Ice Cubes!

1. Pick 1 or 2 small pieces of your favorite fruit and drop them into each section of a clean, empty ice cube tray.
2. Slowly pour water into each section until it's about $\frac{3}{4}$ full.
3. Carefully place the tray in the freezer and let it freeze for at least 3 hours.
4. Once frozen, pop the fruit cubes into a glass of water for a fun and fruity splash of flavor!

*Try yummy fruits like melon, berries, mango, grapes, or pineapple!

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WATER TRIVIA

1. **What covers most of the Earth, land or water?**
A) Land B) Water
2. **What do you call frozen water?**
A) Ice B) Snow C) Juice
3. **What do we drink when we're thirsty?**
A) Soda B) Water C) Chocolate
4. **What's the biggest place to find water?**
A) Swimming pool B) Bathtub C) Ocean
5. **What happens to water when it gets hot?**
A) Freezes B) Turns into steam C) Turns into chocolate milk

1. B) Water! About 70% of Earth is covered in water.
2. A) Ice! When water gets really cold, it freezes and becomes ice.
3. B) Water! Water keeps us healthy and hydrated.
4. C) Ocean! Oceans are giant bodies of salty water
5. B) It turns into steam! Water becomes steam or vapor when heated.



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