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MEA 0231 Anatomy & Physiology

Topic: Importance of water for the human body

Water is the most important nutrient in the human body. Safe drinking water is essential to the human body. The human body contains 55% to 78% water, depending on the body size. It requires water to function properly. Without safe drinking water, humans cannot survive. In this class, we will cover the importance of water in regards to our bodies.

Goals: Make student aware of the importance of water in our planet and why do human beings need it to exist.

Objectives:

The students will be able to:

- Apply knowledge of importance of water in regards to the body systems
- Identify diseases/illness which can arise due to lack of safe drinking water
- Understand why there is such a high incidence of death and disease in countries with no safe drinking water
- Identify strategies that can be done to conserve water

Find:

1. Countries in the world where there are already problems with safe drinking water
2. Where do different countries get their drinking water
3. Where does Florida get their drinking water and what is happening to the water resources
4. Where does Miami Dade get their drinking water and what is happening to the water resources