
The Nutrient Project

WATER

By:



February 5, 2021

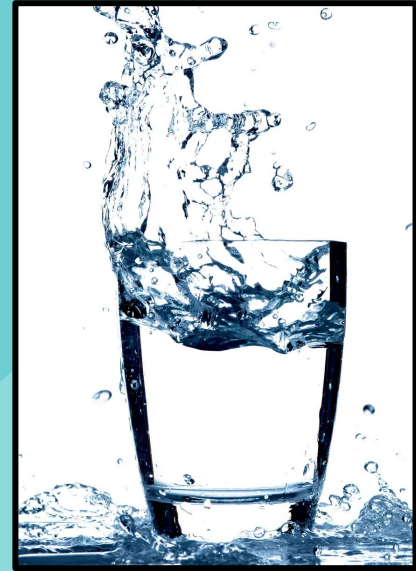
Characteristics of Water

😊 Water has three different types of characteristics, we have the *physical*, *chemical*, and *biological*.

Physical Characteristics

😊 Physical characteristics of a water is usually determined by senses of touch, sight, smell, and taste.

- **Color**- Pure water is colorless; colored water is usually polluted.
- **Turbidity**- Pure water is clear and does not absorb light.
- **Taste & Color**- Pure water is always tasteless and odorless.
- **Temperature**- Temperature is not directly used to estimate if the water is drinkable or not.
 - The temperature of the natural water systems is a significant physical factor to determine the quality.
- **Solids**-If water is filtered to remove suspended solids, the remaining solid in the water indicates the total dissolved solids.

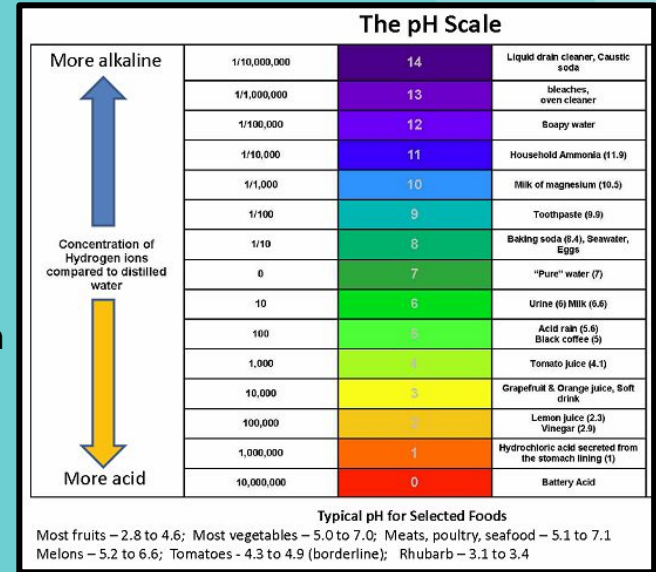


Characteristics of Water

Chemical Characteristics

😊 Chemical characteristics of water includes an assessing the levels of the water, such as *pH* and *dissolved oxygen*.

- **pH**- pH determines if the water is acidic or alkaline. It is usually measured in between 0 to 14 for it to be determined.
- **Dissolved oxygen**- The amount of oxygen that is present in water



Characteristics of Water

Biological Characteristics

😊 Biological characteristics of water refers to a variety of living organisms that can be found in the water.

- Bacteria
- Large plants
- Fish
- Zooplankton



Functions of Water

😊 It regulates our body temperature

😊 It moistens tissue in the eyes,
nose, and mouth

😊 It protects body organs and tissues

😊 It aids in digestion

😊 It helps you lose weight

😊 It improves blood oxygen circulation

😊 It helps boost energy

😊 It prevents dehydration

😊 It helps with nutrient absorption

😊 It helps prevent constipation

😊 It helps maximize physical
performance

😊 It helps create saliva

😊 It helps fight off illness

😊 It helps keep skin bright

Best Sources of Water

Some water rich-foods that have water in them are:

😊 Cucumber- (96% of water which is the highest water content of any food)

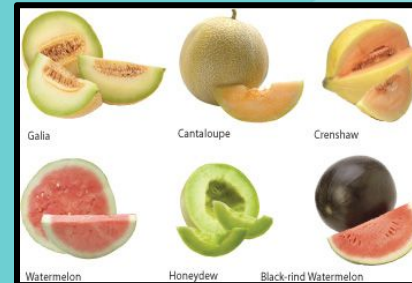
😊 Tomatoes- 95%

😊 Spinach- 93%

😊 Mushrooms- 92%

😊 Melons- 91%

😊 Broccoli- 90%



Best Sources of Water

Here are some water companies that produce and sell purified water:

- 😊 Essentia (the most purified)
- 😊 Aquafina (most affordable)
- 😊 Voss (Best Premium bottled water)
- 😊 Fiji (best flavor)
- 😊 Just water (best eco option)



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*That Concludes Our
Presentation!*