

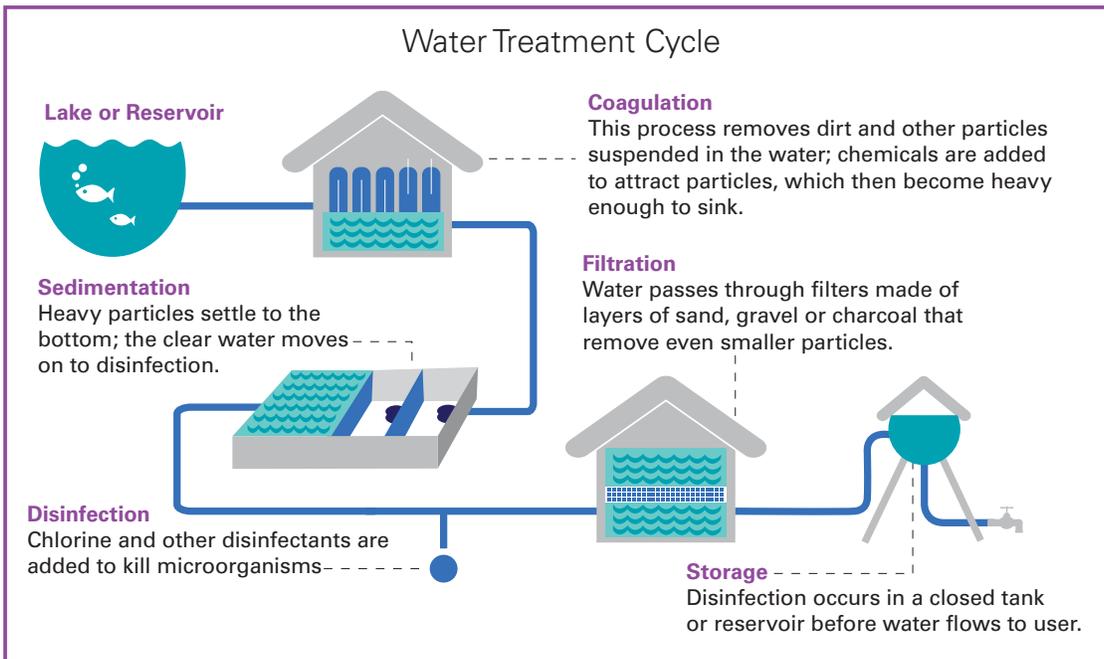


Take-Home Talk

Lesson 7: Healthy Water Inside

To Share:

- Humans are more than 60 percent water! 60 percent! We need water to live.
- Freshwater—from lakes and streams and rivers—needs to be filtered before we can drink it to remove dirt, bacteria, small fish, and other things that could harm us. Even when water from these sources looks clear and clean, there are things that we can't see that could harm us.
- In the United States, a family of four uses 400 gallons of water a day!
- Mold and mildew can form easily in areas of your home where water is used often—in bathrooms, kitchens, and laundry rooms. Be sure to wipe away moisture and clean mildew.



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To Do:

- **Water Everywhere!** We use water so often throughout the day that we rarely think about it. Ask your family to track all of the times throughout the day that they use water—have each member of your family keep a running log. By learning when we use water, we can see where we can easily save water.

Just a few daily activities that use water: Taking a shower or bath, using the toilet, cooking, washing your hands, drinking anything.

- Who in your family had the most activities that used water? Who had the least?
- What are some simple ways in which you can all cut back on your water usage?

To Take Back:

- What was the coolest thing that you learned from talking about this topic with your family and friends?
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