

“Water” @ <http://www.youtube.com/ESL4free>

Water is vital for all. 50-70% of total body weight is water; lost through urine & 1

Inadequate water intake:> headaches, tiredness etc.

Severe 2 of water:> constipation, kidney stones

Required water from { 3 water/other drinks
 body's chemical reactions

Need 2.5 litres 4 ; 1.8 L. from drinks = 6-7 glasses

carbonated/still = 65% water; squashes = 86%; juices = 5 %

6 <input type="text"/> <hr style="border: 0; border-top: 1px solid black;"/> 7 <input type="text"/> from ground can be treated	Mineral flows over rocks rich in minerals 8 <input type="text"/> be treated
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DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING

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| <p>Bewildering: confusing & difficult to understand</p> <p>Carbonated: fizzy because it contains bubbles of carbon dioxide</p> <p>Chronic: severe; continuing for a long time</p> <p>Component: part</p> <p>Constipation: the condition of being unable to empty the bowels</p> <p>Dehydration: lack of water</p> | <p>Diminishing: getting/growing smaller/less good</p> <p>Fluid: anything which is not a solid & can flow (eg: a drink)</p> <p>Irritability: annoyance; easily annoyed by things</p> <p>Stipulated: specified</p> <p>Taken for granted: not considered; not thought about</p> |
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