



Water

This nutrient:

- ♥ We can not live without
- ♥ Helps keep our eyes, nose and mouth moist
- ♥ Helps control our body's temperature
- ♥ Helps our joints, like elbows and knees, move smoothly



Strawberry



Watermelon



Tomato



Cantaloupe



Spinach

Fruits and vegetables you can eat that have lots of water

