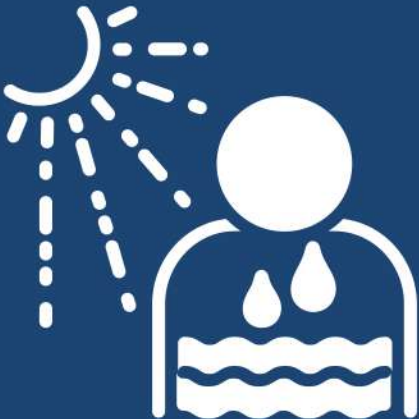


# Super English

Level 5 - Unit 17  
Health - Lesson 3





Vocabulary

# Health - Vocabulary



**joint:** a place in your body where two bones are connected (n)



There are 360 **joints** in the human body.



# Health - Vocabulary



**sweat:** the clear, salty liquid from your skin (n); to pass sweat through the skin (v)



I was **sweating** so much in the hot sun that my shirt was soaked in **sweat**.

# Health - Vocabulary



**dehydration:** lower than normal levels of water in an organisms such as humans, animals, fruits, etc... (n)



The woman was suffering from **dehydration** in the hot desert sun.



# Health - Vocabulary



**shrink:** to become smaller, or to make something smaller (v)



Fruit **shrinks** when it dries out because it loses all of its water.



Let's  
Read!



# Why Do We Need Water?



We are very lucky that the Earth provides us with many natural things needed to survive, but among all of them, the most important element is water.

All living things need water. And we tend to get a little cranky when we are thirsty. But have you ever wondered what causes us to feel thirsty? Let's dive into the reason behind this process and answer the question, "why do we feel thirsty?"





# Why Do We Need Water?



The human body is made up of 50-75% of water. Water has many benefits, such as it provides strength and nourishment to our vital organs, enables the smooth movement of our joints, helps to digest our food, keeps the mouth, nose, and eyes moist, regulates body temperature, and keeps our immune system strong so that we don't get sick.

But if our bodies are made up of so much water, then why do we feel thirsty? Well, it's because the amount of water in our organs is always changing as we lose it when we sweat, exercise, go to the bathroom, and even breathe.

# Why Do We Need Water?



When we keep losing water from inside our bodies, it eventually leads to **dehydration**. The first signs of dehydration are dry mouth and darker urine as your body tries to keep more water inside. Then it slowly affects your health and can change your mood, energy level, blood pressure, and how well your brain works. Also, your brain can **shrink** and get smaller when you are dehydrated.

Fortunately, as soon as your body detects the low level of water, the thirst center of your brain, called the hypothalamus, detects this change and tells you to drink water as soon as possible.





# Why Do We Need Water?



But just like dehydration, over-hydration, or hyponatremia caused by drinking too much water in a shorter amount of time can cause health problems. During hyponatremia, a person may suffer from headaches, vomiting, seizures, and in rare cases, can be fatal as well. So, it is important to drink the right amount of water at the right time. It is estimated the average amount of water you need per day is 2-3 liters, which is about 9-13 cups. But it varies from person to person, the environment you are in, and the activities you are doing.





Let's do  
Grammar!



# As much as, as many as

We use **as much as** with uncountable nouns and **as many as** with plural nouns.

1. He has **as many apples as** the rest of the kids.
2. Put in **as much water as** it will hold.
3. There are **not as many pens as** there are pencils.







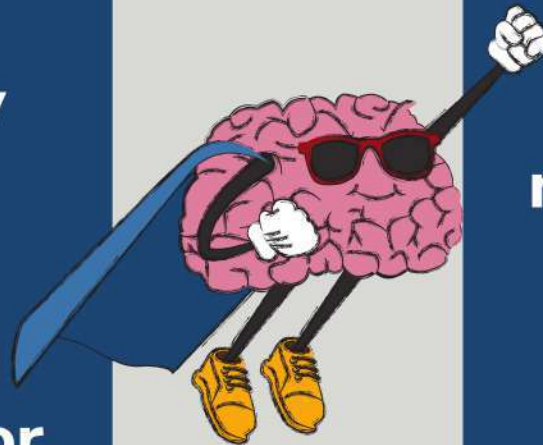
Phonics



# Phonics

**Prefixes:** **micro** = small  
**macro** = large

microscope  
microbiology  
microfilm  
microwave  
microphone  
microprocessor  
microchip



macrocellular  
macroculture  
macrodynamics  
macromixing  
macrophyte  
macroreality  
macroweather

# Super English

See you  
Next time!



