

Environmental Medicine - Class 1 – Water

1. What are the three main ways toxins in water can enter your body?
A. Mouth, lungs, and skin
B. Eyes, ears, and nose
C. Hands, feet, and hair
D. Food, sleep, and exercise
2. About how much of your body is made of water?
A. 10%
B. 60%
C. 25%
D. 5%
3. When you take a shower, which two parts of your body are most involved in letting toxins get inside of your body?
A. Mouth and ears
B. Mouth and skin
C. Lungs and skin
D. Hands and feet
4. What does water do as it moves through nature?
A. Stays perfectly clean
B. Disappears
C. Turns into food
D. Picks up and carries things
5. When water travels from a farm or road into a river, what can happen?
A. It can pick up things like dirt or chemicals
B. It stays exactly the same
C. It evaporates into the air
D. It never makes it to the river, and always soaks completely into the ground
6. Which of these can be found in dirty or contaminated water?
A. Little pieces of plastic (nanoplastics)
B. Germs (microbes) and little pieces of dirt (sediment)
C. “Forever chemicals” (PFAS) and metals
D. All of these
7. What happens when water sits still in pipes for a long time?
A. It becomes extra healthy
B. It turns into ice
C. It can grow germs and pick up metals from the pipe
D. It disappears

8. What is a biofilm?
- A. A movie about water
 - B. A type of water filter
 - C. A type of soap that creates a film on your skin
 - D. A sticky layer of tiny germs on surfaces**
9. Why is moving water usually better than water that sits still?
- A. Moving water can help reduce buildup of germs and metals**
 - B. Moving water is always hot
 - C. Moving water has no minerals
 - D. Moving water is always dirty
10. What is one good way to keep your home healthy with water?
- A. Trust well water is better than city water
 - B. Use faucets, toilets and sinks in all bathrooms (keep water moving in the pipes)**
 - C. Only take showers (avoid baths)
 - D. Only drink bottled water

Home Activity Key

Activity 1 – Water Detective (Find the water!) – ANSWER KEY

Instructions: Walk around your house and find 5 places where water is used.

Examples:

- Sink
- Shower
- Washing machine
- Water bottle
- Outside hose

Write or draw what you find:

1. Toilet
2. Dishwasher
3. Kitchen and bathroom sink
4. Refrigerator (water dispenser / ice maker)
5. Bathtub
6. Laundry sink
7. Wet mop machine (or mop bucket)
8. Pet water bowls
9. Indoor plants
10. Humidifier
11. Hot water heater
12. Air conditioning drip line
13. Outdoor automatic sprinkler system

Bonus question:

Which one do you use the MOST?

Are you surprised how many places you use water?

Activity 2 – Which door does it use? – ANSWER KEY

Instructions: Circle how water enters your body in each situation:

| Situation | Mouth | Lungs | Skin |
|----------------------------|--------------------------|--------------------------|--------------------------|
| Drinking water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Taking a shower | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Swimming in a pool or lake | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Washing your hands | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

(Hint: showers = lungs + skin)