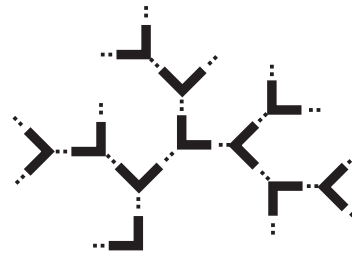
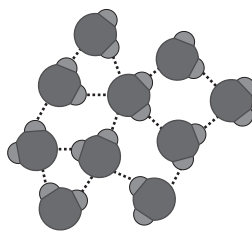
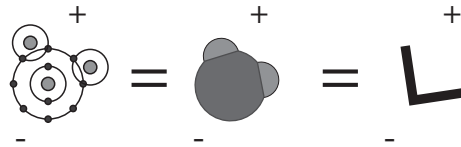


# Water

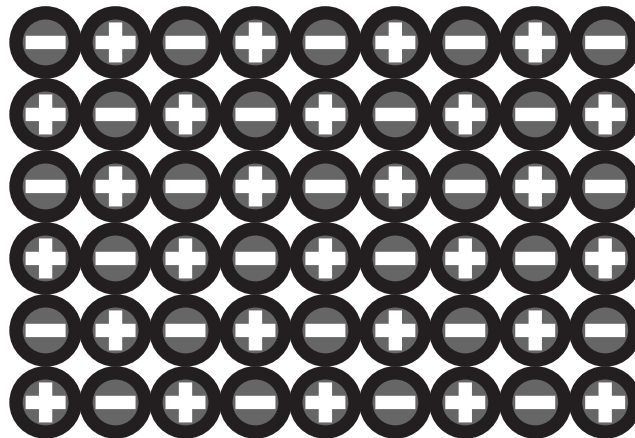
## 1. Characteristics of Water (Pages 298 - 306)

### A. Polar



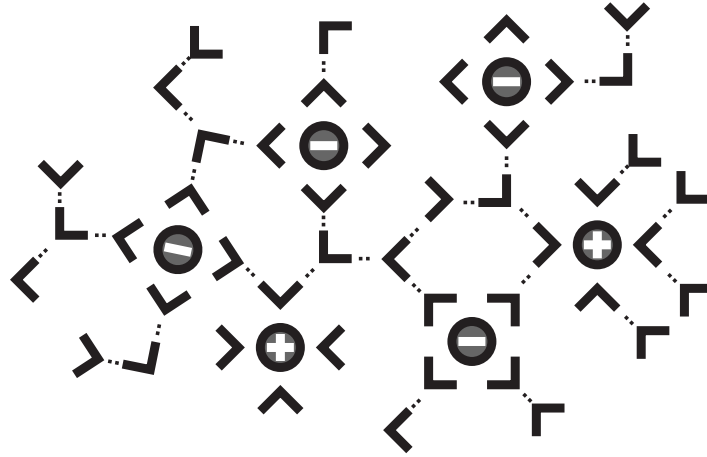
### B. Solvent

#### i. Note Salt



## Nutrition - Water Outline

### ii. Note Salt in Solvent



## 2. Nature of Heat and Molecular Movement

### A. Diffusion (Page 299)

### B. Osmosis (Page 299 - 300)

- See handout on Osmosis

### i. Semi-permeable Membrane

## Nutrition - Water Outline

### 3. Human Body and Water (Pages 300 - 301)

#### A. Fluid Movement (Page 300)

- See again handout on Osmosis

i. Intracellular Water

ii. Extracellular Water

#### B. Adequate Intake for water: 11 - 15.5 cups

#### C. Water Regulation (Pages 303 - 304)

- See handout on Water Regulation

i. Kidneys

ii. Antidiuretic Hormone (ADH)

### 4. Diuretics (Pages 304 - 305)

## Nutrition - Water Outline

### 5. Dehydration (Page 305)

#### A. Regulation

##### i. Thirst

##### ii. Antidiuretic Hormone (ADH)

#### B. Dehydration and Disease

#### C. Dehydration and Age

### 6. Toxicity (Page 306)