

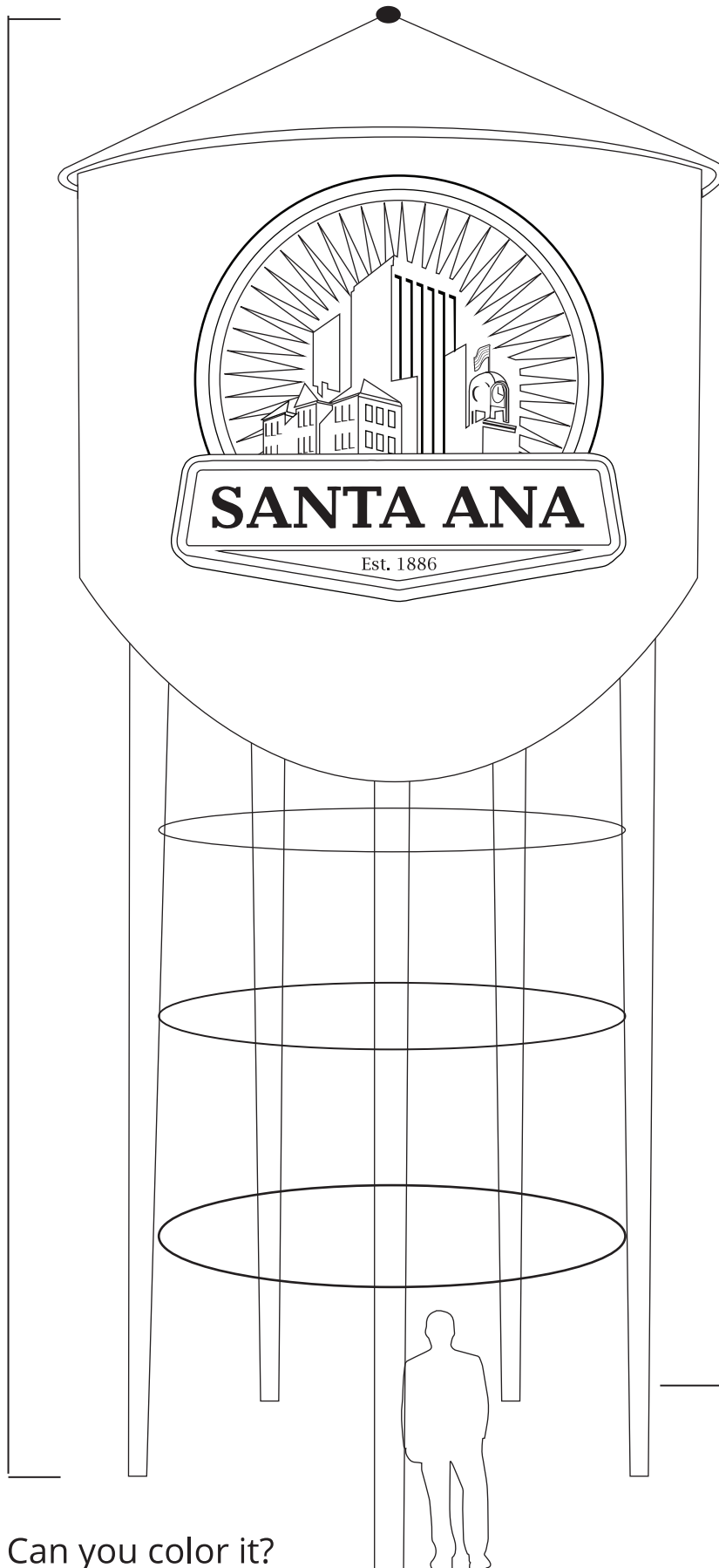
**WATER
QUALITY**
*Activity
Pack*



LITTER
STICIDES
TRASH
HEMICALS
QUALITY
PORT
SHUIN
GTE
DO
RHN
RND
AIN
OLLUTE
TOXIC

Santa Ana's Water Tower

A symbol of the city's rich heritage.



It stands
153 feet
tall

It holds
800,000
gallons of water

It was built in
1928

Can you color it?

Name _____

Activity Worksheet I

Color the pictures that explain why drinking **tap water** is better than **bottled water**.



Name _____

Activity Worksheet II

Match each picture on the right with either tap water or sugary beverages.



More Energy

Tooth Decay



Healthy Digestive System

Weight Gain & Obesity



Healthy Brain



Liver Disease



Name _____

Write a Letter to the Future I

Imagine that some day you will have children who are the same age as you are now. Write a letter of advice, encouraging them to drink water instead of sugary beverages. List examples of different types of sugary beverages, and how drinking them everyday can harm their health. Explain the benefits of drinking water and why it is good for them.

Name _____

Write a Letter to the Future II

Imagine that some day you will have children who are the same age as you are now. Write a letter of advice about how they can help the environment by ***not*** buying bottled water. Tell them about ways unrecycled water bottles harm our planet earth. Encourage them to drink tap water instead and how drinking from the tap is safer, less expensive, and better for the environment.

Name _____

Word Scramble I: Water is Healthier

Directions:

Below are messages about the benefits of drinking water with some important words left out. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages:

1. Did you know that sugar-_____ beverages can make you gain _____ and put your health at _____?
2. People are drinking more sugary beverages today, about 500% more in the past 50 years. This is the single largest _____ of added sugar in our _____, which has played a big part in the _____ epidemic in our country.
3. Soft drinks, and even _____, are loaded with _____.
4. Drinking water instead of sugary beverages is _____ because it _____ your overall _____.
5. Drinking water instead of sugary drinks can help you _____ weight. It gives you more _____ instead of making you feel _____.
6. Drinking water keeping your body _____ helps you to _____ food better and flush out _____. It can also boost your _____ system.

Scrambled Words:

urfti sciuej _____

grsau _____

wtndeeees _____

isrk _____

ditse _____

rousce _____

ihtweg _____

btyseio _____

mtreras _____

stnifebe _____

hleath _____

leos _____

eyngre _____

diter _____

rheddyta _____

stideg _____

sitxno _____

mmenui _____

Name _____

Word Scramble II: Bottled vs Tap Water

Directions:

Below are messages with some important words about drinking bottled vs tap water left out. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages:

1. Some companies sell _____ water in plastic bottles — the same water that comes from your _____ at home.
2. _____ water is not monitored and controlled by the government as tap _____, so you can't be sure what's in it.
3. All public water agencies and cities like _____ regularly test their tap water for _____ and toxic _____.
4. Public water agencies give customers like you with a detailed _____ each year.
5. Bottled water produces up to 1.5 million tons of _____ waste or _____ per year.
6. Unrecycled plastic water bottles end up in our landfills, _____, waterways and _____. It's better to drink from _____ water bottles instead.
7. If you were to drink 8 _____ of water a day from a Santa Ana faucet, it would cost you only 66 cents a year. But you could _____ about \$1,475 a year by drinking that same _____ in bottled water.

Scrambled Words:

aetrw uyaqilt eortrp _____

| | | |
|---------------|------------------|-----------------|
| tpa _____ | abagger _____ | dsepn _____ |
| tcufea _____ | armtess _____ | utnmao _____ |
| dBtolet _____ | oecsan _____ | rbeitaca _____ |
| ewatr _____ | geslssa _____ | aStan Aan _____ |
| cslipta _____ | sedtiicesp _____ | er-Isaueb _____ |

Name _____

Word Search I: Water Quality

Directions:

The words listed to the right of the puzzle are hidden in the word search. Please find each word* and then explain to your classmates how these words are related to water quality.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | P | D | X | B | Q | O | Q | W | I | V | Z | W | L | L |
| X | E | R | F | G | B | L | G | C | A | K | Z | V | V | Z |
| D | L | A | V | Z | V | B | W | E | L | M | T | B | P | P |
| E | A | I | C | T | O | X | I | C | N | R | L | E | Z | O |
| A | K | N | T | Y | O | G | O | U | T | R | A | S | H | L |
| G | N | W | H | T | N | V | M | D | A | O | Y | P | X | L |
| Z | R | U | C | H | E | M | I | C | A | L | S | Z | H | U |
| K | B | R | C | E | F | R | X | N | S | E | C | S | G | T |
| W | Q | Q | U | A | L | I | T | Y | L | P | M | O | V | E |
| P | E | S | T | I | C | I | D | E | S | V | N | S | D | Q |
| R | D | R | M | E | H | K | X | X | D | G | H | R | T | Z |
| H | H | D | H | D | M | V | A | A | H | G | D | A | N | P |
| L | B | D | L | A | R | A | D | J | M | K | Z | F | V | G |
| T | R | E | P | O | R | T | M | W | P | N | E | B | T | L |
| A | S | O | O | D | P | V | C | M | F | R | O | H | Q | U |

LITTER
PESTICIDES
TRASH
CHEMICALS
QUALITY
REPORT
DRAIN
POLLUTE
TOXIC

*Words are placed vertically, horizontally, and diagonally.

Name _____

Word Search II: Drinking Bottled Water

Directions:

The words listed to the right of the puzzle are hidden in the word search. Please find each word* and then explain to your classmates how these words are related to drinking bottled water.

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| G | D | K | J | Y | B | L | E | B | O | X | D | T | A | J | TAP |
| L | Q | P | Y | C | Q | N | N | K | S | S | C | R | P | A | FAUCET |
| A | R | I | V | J | L | E | Q | C | D | M | E | J | K | B | BOTTLED |
| S | J | G | M | L | C | F | A | S | D | A | R | M | W | R | WATER |
| S | P | A | U | I | S | U | B | K | N | E | X | V | V | W | PLASTIC |
| E | B | R | C | Z | C | O | T | I | R | R | J | K | W | A | GARBAGE |
| S | S | B | I | B | S | C | I | K | M | T | F | S | Y | T | STREAMS |
| Y | X | A | T | T | H | Y | D | M | U | S | L | P | L | E | GLASSES |
| I | E | G | S | P | L | T | A | G | J | L | O | V | V | R | LANDFILLS |
| O | C | E | A | F | G | T | R | W | I | T | N | O | O | M | WATERWAYS |
| T | A | P | L | E | A | T | H | F | R | O | L | Q | Z | K | |
| C | Z | C | P | M | F | U | D | K | X | E | N | M | X | D | |
| I | N | X | Z | I | J | N | C | A | J | F | T | H | W | O | |
| D | Q | X | X | H | A | B | T | E | U | A | W | A | K | M | |
| W | L | D | E | L | T | T | O | B | T | C | B | H | W | F | |

*Words are placed vertically, horizontally, diagonally, and forward/backward.

Answer Key

Word Scramble I: Water is Healthier

Directions:

Below are messages about the benefits of drinking water with some important words left out. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages:

1. Did you know that sugar-**sweetened** beverages can make you gain **weight** and put your health at **risk**?
2. People are drinking more sugary beverages today, about 500% more in the past 50 years. This is the single largest **source** of added sugar in our **diets**, which has played a big part in the **obesity** epidemic in our country.
3. Soft drinks, and even **fruit juices**, are loaded with **sugar**.
4. Drinking water instead of sugary beverages is **smarter** because it **benefits** your overall **health**.
5. Drinking water instead of sugary drinks can help you **lose** weight. It gives you more **energy** instead of making you feel **tired**.
6. Drinking water keeps your body **hydrated** and helps you to **digest** food better and flush out **toxins**. It can also boost your **immune** system.

Scrambled Words:

urfti sciuej fruit _____ juices _____

grsau sugar _____ btyseio obesity _____ diter tired _____

wtndeeees sweetened _____ mtreras smarter _____ rheddyta hydrates _____

isrk risk _____ stnifebe benefits _____ stideg digests _____

ditse diets _____ hleath health _____ sitxno toxins _____

rousce source _____ leos lose _____ mmenui immune _____

ihtweg toxins _____ eyngre energy _____

Answer Key

Word Scramble II: Bottled vs Tap Water

Messages:

1. Some companies sell **tap** water in plastic bottles — the same water that comes from your **faucet** at home.
2. **Bottled** water is not monitored and controlled by the government as tap **water**, so you can't be sure what's in it.
3. All public water agencies and cities like **Santa Ana** regularly test the quality of the drinking water they provide to you.
4. The government requires them to test their tap water for **bacteria** and toxic **chemicals**.
5. Public water agencies give customers like you with a detailed **water quality report** each year.
6. Bottled water produces up to 1.5 million tons of **plastic** waste or **garbage** per year.
7. Unrecycled plastic water bottles end up in our landfills, **streams**, waterways and **oceans**. It's better to drink from **re-usable** water bottles instead.
8. If you were to drink 8 **glasses** of water a day from a Santa Ana faucet, it would cost you only 66 cents a year. But you could **spend** about \$1,475 a year by drinking that same **amount** in bottled water.

Scrambled Words:

aetrw uyaqilt eortrp _____

| | | | | | |
|---------|------------|------------|---------------|-----------|-----------------|
| tpa | __ tap | abagger | __ garbage | dsepn | __ spend |
| tcufea | __ faucet | armtess | __ streams | utnmao | __ amount |
| dBtolet | __ Bottled | oecsan | __ oceans | rbeitaca | __ bacteria |
| ewatr | __ water | geslssa | __ glasses | aStan Aan | __ Santa __ Ana |
| cslipta | __ plastic | sedtiicesp | __ pesticides | er-Isaueb | __ re-usable |