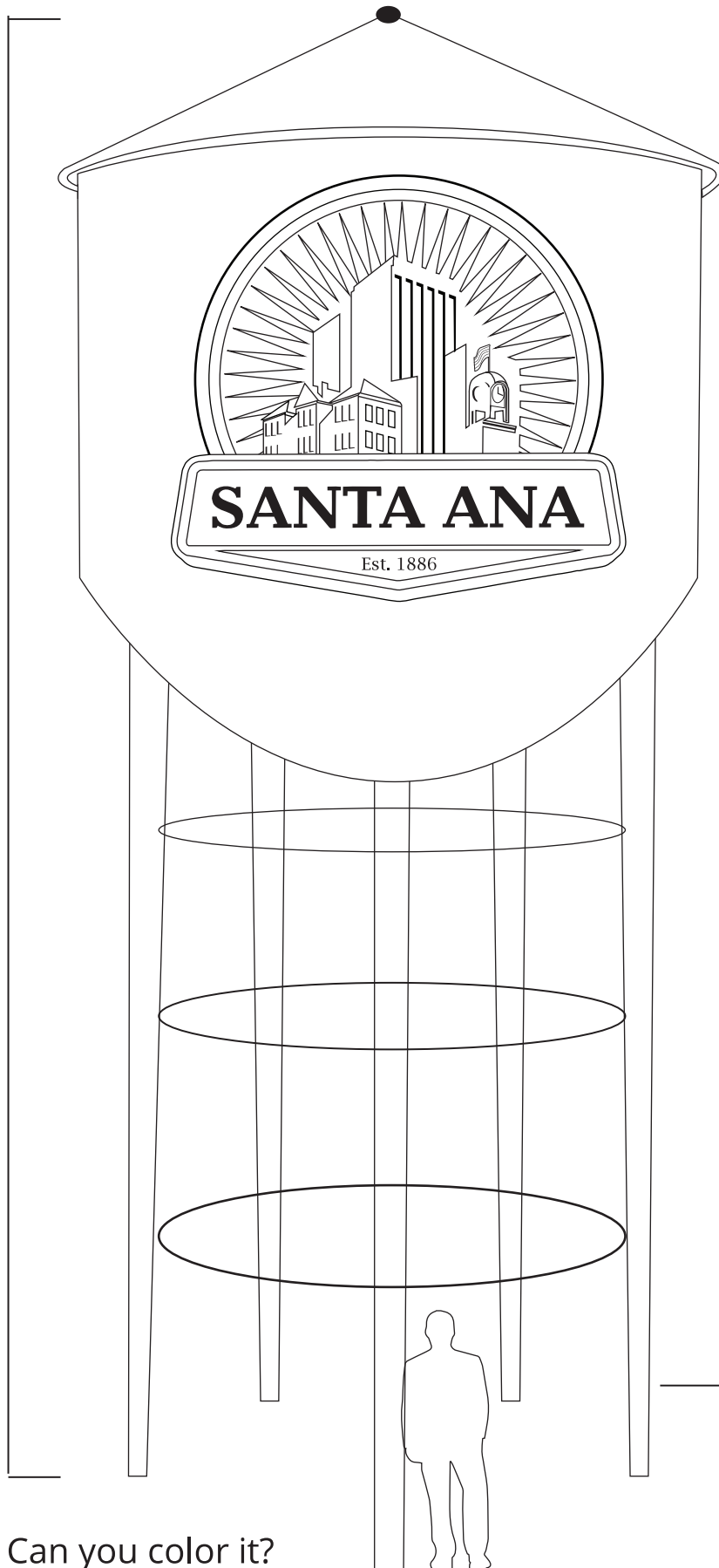




# Santa Ana's Water Tower

*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

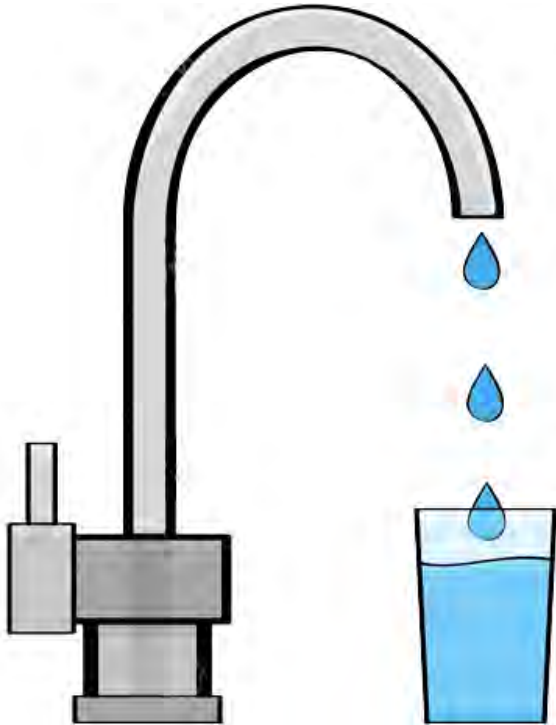
Color the pictures that explain why drinking **tap water** is better than **bottled water**.



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 \_\_\_\_\_

# 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