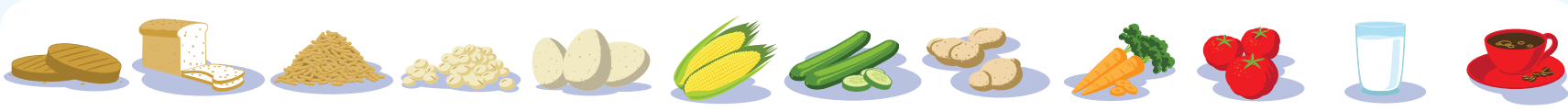


# PLAN YOUR MEAL

HOW MUCH WATER DO YOU EAT?

NAME: \_\_\_\_\_



	BEEF PATTIES	BREAD	BROWN RICE	SOY BEANS	EGGS	CORN	CUCUMBER	POTATOES	CARROT	TOMATOES	MILK	BLACK COFFEE	TOTAL LITRES
BREAKFAST													
LUNCH													
SNACK													
DINNER													

TOTAL LITRES FOR ONE DAY



# GUESS WHAT I LEARNT TODAY?

## I was an Seqwater Water Investigator!

Seqwater sources, stores and supplies water to South East Queensland. Have you heard of the water cycle? It's how water comes from the atmosphere, down to the earth and back up again. Water evaporates from the ground into the atmosphere, where they cool and condense to form clouds. As the clouds become saturated, the water falls to the ground as rain or snow. This is called precipitations and nourishes plants, flows into surface waters, like rivers, collects as snow in the mountains or makes its way through the soil to become ground water. The cycle beings again as the heat of the sun causes water to evaporate. This continuous movement of water from solid to gas to liquid has been going on since the dinosaurs were here. In fact we drink the same water that dinosaurs did!

I found out today that we event drink water from the ocean and one day we may even drink recycled water. Water is very important to us all and our planet. I want to be water wise at home.

