

HOME/SCHOOL CONNECTION

Investigation 2: Hot Water, Cold Water

Water is essential for life. You take in water every day. You drink some of the water when you are thirsty, but a lot of the water you need comes from food.

Water is used in the preparation of a lot of foods. Work with family and friends to find out when water is used in food preparation. For instance, some kinds of instant cocoa and soups say on the package, “Just add water!” Preparing rice takes water, but how much? Look around your kitchen or take a field trip to the market and look for products that use water as part of the preparation. Write the food or product in the “Food” column below, the size or number of servings in the “Servings” column, and the amount of water in the “Water” column. The first two are filled in as starters.

Food	Servings	Water
Instant cocoa	1	1 cup
Rice	4	3 cups

Is the water used in food preparation consumed, or is some thrown away? Put a check by the foods in the list above if all the water is used.