

BE SMART CHOOSE TAP

A BOOK OF
FACTS AND
PUZZLES
ABOUT
WATER



BROUGHT
TO YOU BY:



MIDCOAST
water services

Hi there, I'm Tap!
I hope you enjoy this
activity book.
Inside you'll find fun
puzzles and cool facts
about water.

You'll also get to meet
the **Choose Tap** gang
and their friends. I'll be
introducing each one of
them along the way.

See you at the park!





DOUBLE PUZZLE!

Water is essential to most bodily functions and helps keep you healthy. Unscramble the body parts below to discover a way to keep your body in top shape! Use the numbered letters to fill in the answer.

RBDEADL	1		15						
OBDLO				10					
ABIRN		6							
YESE									
THARE	9								
TIOSNJ								3	
EIDYSKN						13			
SULGN							12		
OTMHU	4					14			
ENSO					2				
IKNS									
MOHSCTA			11				5		8
HETET	7								

This is Ebbie!
You'll often find her exercising and having fun on her bike. She knows how important it is to keep hydrated. She loves tap water so much that she chooses it over hot chocolate.



ANSWER:

																			P
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16				

Find the correct answers at: www.yvw.com.au/education



Our bodies are 70% water. Choose tap water to stay hydrated.

COOL WATER FACT!

SPOT THE 10 DIFFERENCES



QUIZ PUZZLE!

- 1 What percentage of our bodies is made up of water?
- 2 To help keep our bodies hydrated we should try to drink how much per day?
- 3 What natural chemical is added to **our** drinking water to help keep our teeth from decaying?
- 4 Does dehydration make your urine lighter or darker?
- 5 What percentage of our brains is made up of water?

Find the correct answers at: www.midcoastwater.com.au/choosetap



The girl in red is Cassie! She loves rain and is always wearing her gumboots and carrying an umbrella. She loves to talk about the natural water cycle, the benefits of rain and protecting water catchments. Did you know that all our water comes from from natural catchments, via groundwater and streams?

COOL WATER FACT!

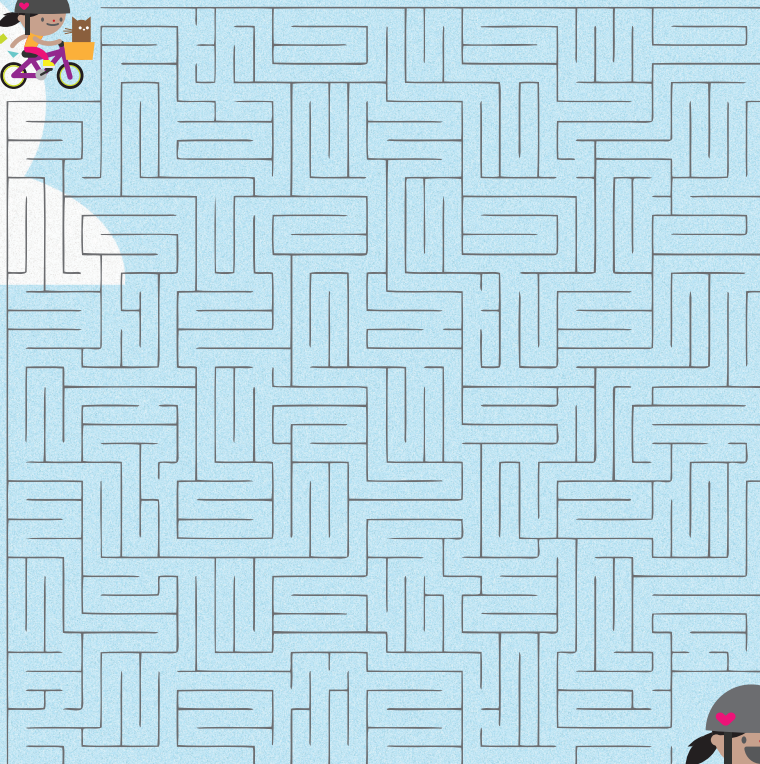


Tap is getting wet. He doesn't mind though.

A healthy person will generally lose about a litre of water through sweat during an hour of moderate to vigorous exercise, so it's especially important to stay hydrated during exercise.

Help Ebbie get to the drink bottle tap to rehydrate!

MAZE PUZZLE!

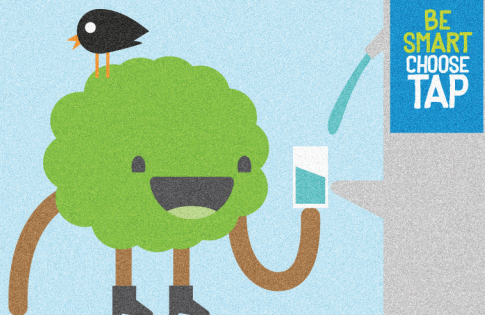


Find the correct answers at: www.midcoastwater.com.au/choosetap

AWESOME!



Help Ebbie get to the drink bottle tap to refill her bottle by solving the Maze!

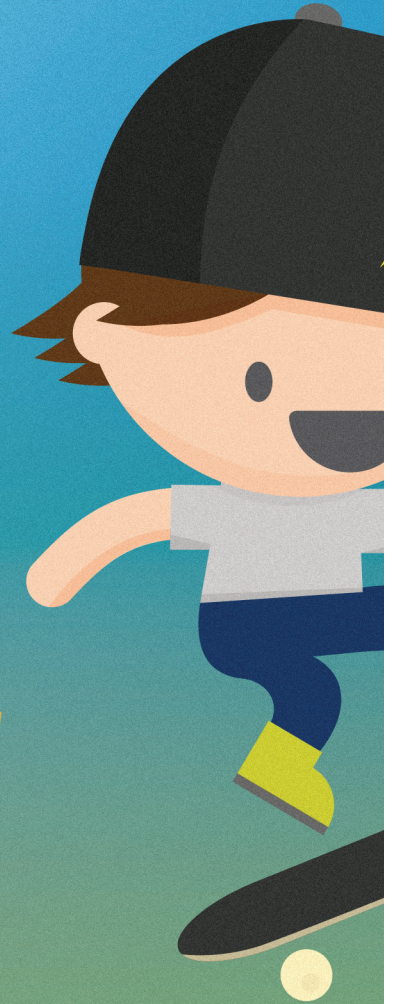


Ti-Tree loves water. We'll talk about him later. Nice boots, Ti-Tree...



Stay hydrated,
stay cool!

THE CHOOSE TA GANG!





BE
SMART
CHOOSE
TAP

TAP



CROSS WORD PUZZLE!

This is Oswald!

Our king of the half-pipe is also fascinated by pipes everywhere. He loves to talk about the infrastructure hidden underground and how it works.

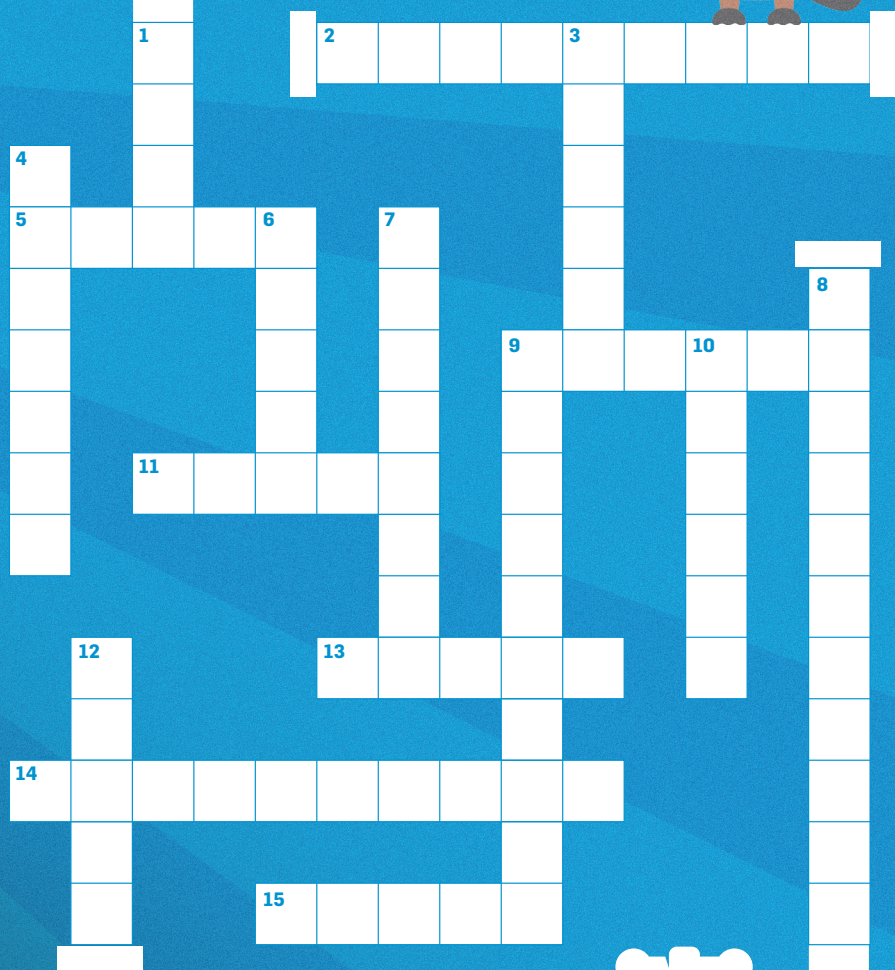
Across

- 2 We should do this to help keep our bodies healthy and hydrated (6,3).
- 5 We lose over a cup of water from this organ, every time we breathe.
- 9 When we become dehydrated, our urine goes...
- 11 We should try to drink about two litres of this each day.
- 13 Our eyes need water to produce these.
- 14 Our water supply comes from natural...
- 15 This substance is 90% water and carries oxygen and nutrients around our bodies.

Down

- 1 This is the largest organ in our bodies and can look tired and dry if we don't drink enough water.
- 3 Our mouths need water to help produce this substance to aid in digesting our food.
- 4 This organ is where your body stores urine from the kidneys.
- 6 We lose water from our bodies through this substance, especially when we exercise.
- 7 This is added to our drinking water to help keep our teeth from decaying.
- 8 We can refill one of these from the tap to help keep us hydrated (5,6).
- 9 When we don't drink enough water, we become....
- 10 This organ uses water to process and eliminate toxic waste from your body.
- 12 This organ in our bodies is made up of 75-85% water.

Platypus can be found in our healthy waterways.



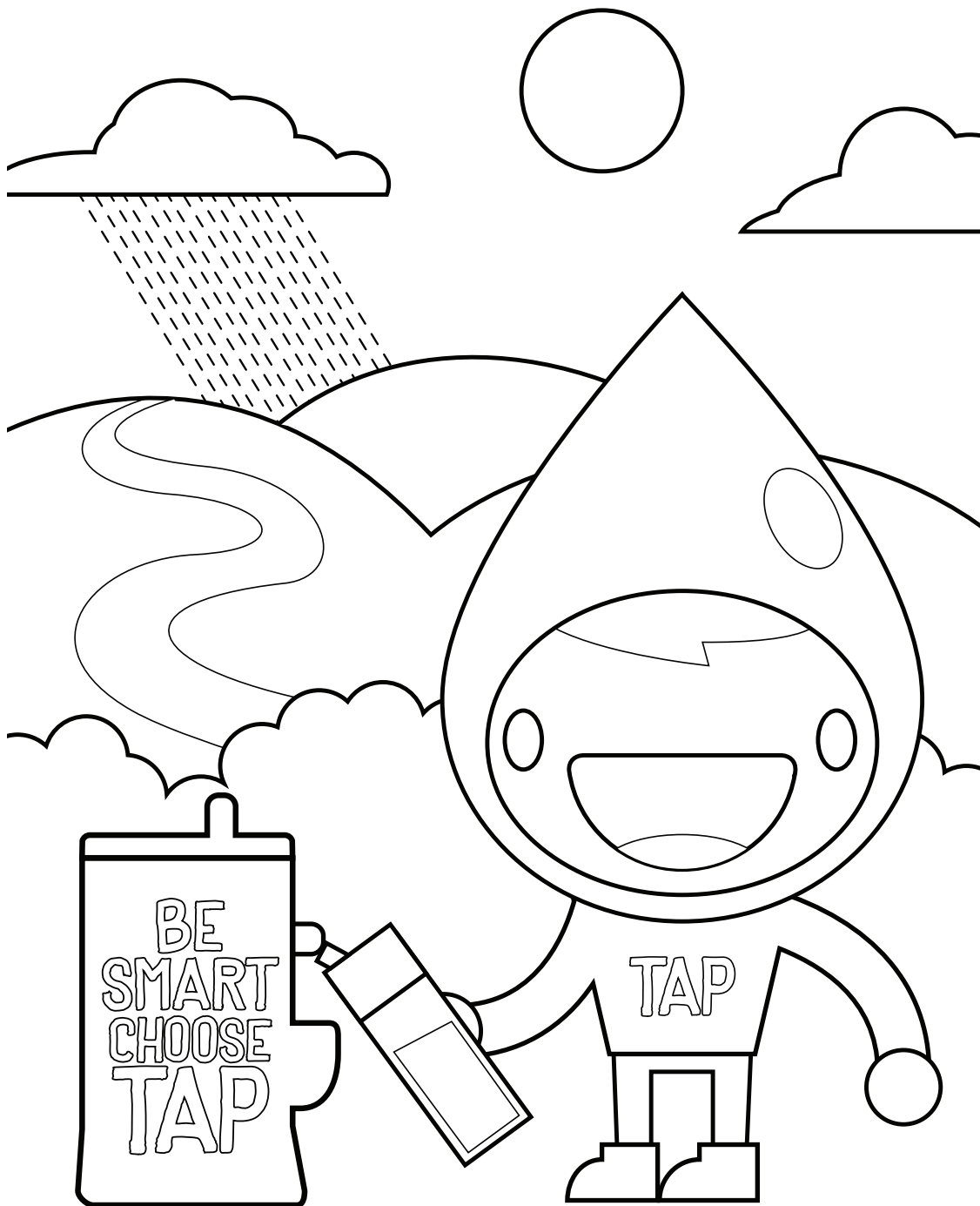
Need to top up? Find a drink bottle tap or dog tap & bowl using the Choose Tap app!

COOL WATER FACT!



Find the correct answers at: www.midcoastwater.com.au/choosetap

COLOUR ME!



WORD SEARCH

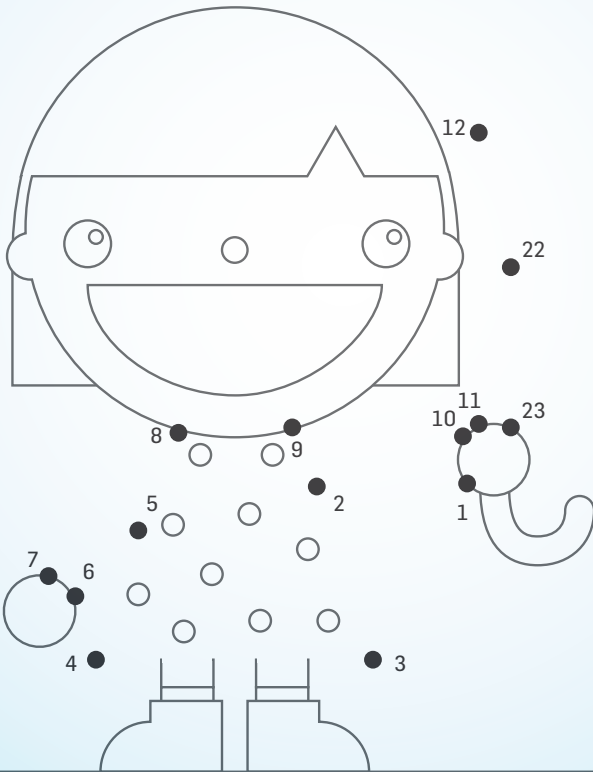
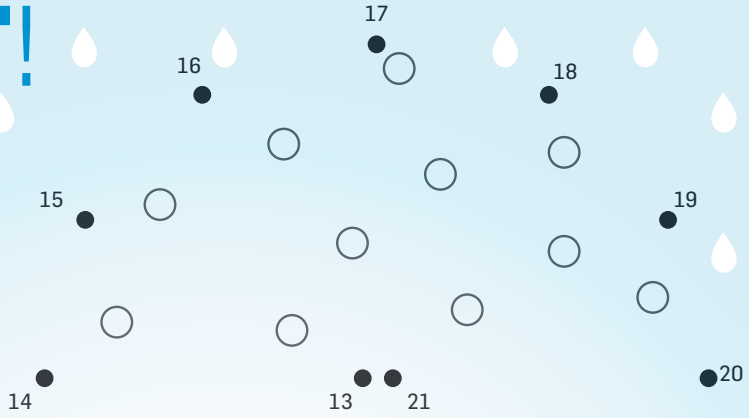
A W T C H N F V Q A B P N S L
 E V Z E I C N L R V E U O T U
 H I I A A Q O Q U R O G I O N
 A N R L N R E Q S O N H T M G
 N B E E A O S P M O R X A A S
 F L U I D S I Z I U R I R C N
 N R E S I R U T S I O M D H I
 Y W V F A H S B A Y A D Y E K
 A K G T E E L U J C O G H P S
 S S I A G A N U T R I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

- | | | | | |
|-----------|----------|-------------|--------------|---------|
| BLADDER | FLUID | HYDRATION | MOISTURISER | SKIN |
| BLOOD | FLUORIDE | JOINTS | NUTRIENTS | STOMACH |
| BRAIN | HEALTH | LUBRICATION | PERSPIRATION | TEARS |
| DIGESTION | HEART | LUNGS | SALIVA | URINE |

Meet Ti-tree! He's a walking and talking tree. He drinks about 25 litres of water a day from the drink bottle tap that was installed in the park he lives in.

Find the correct answers at: www.midcoastwater.com.au/choosetap

DOT TO DOT!



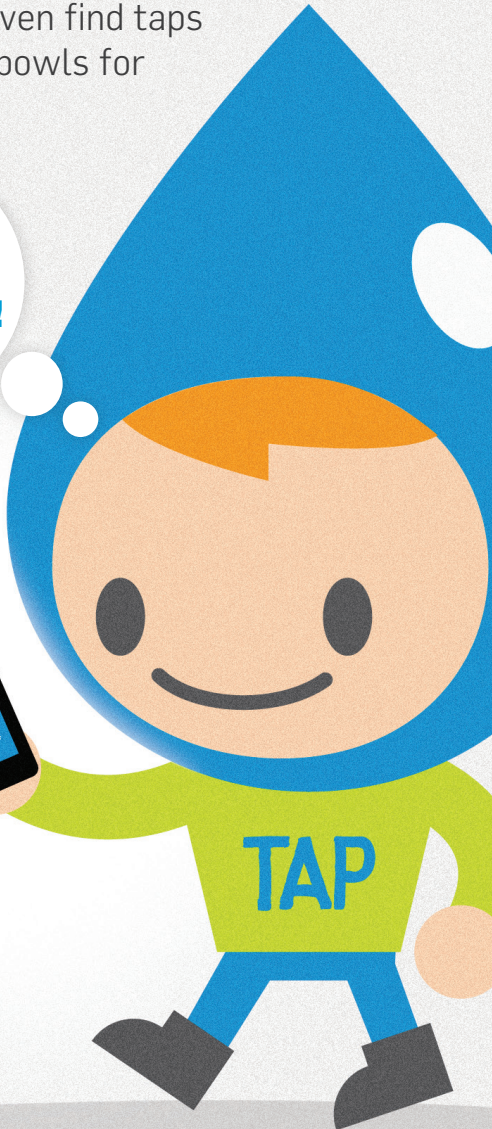
Cut along the dotted line for your very own **Choose Tap** bookmark!



Did you know that you can now find a water tap wherever you are? With over 500 locations, you can find tap water when you need it.

You can even find taps with dog bowls for your dog!

**THIS IS
PRETTY
AWESOME!**



This FREE app helps you find drinking taps, drink bottle taps and dog bowls.

Available for iPhone or Android.

Need a refill?
Find water fountains fast with your **Choose Tap** app.

Tell your friends and family!



BE SMART CHOOSE TAP

a Yarra Valley Water
initiative