

**ACTIVITY NO. 3**  
**LESSON NO 1**



**Activity sheet**

1. Give examples of daily water use activities in the home.
2. Calculate your water requirement for a day, depending on your body weight. For a healthy lifestyle, the amount of water consumed in 24 hours is calculated as follows: 35 ml, per kilogram of body weight (for adults) and 50-60 ml / kg body weight, for children.

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