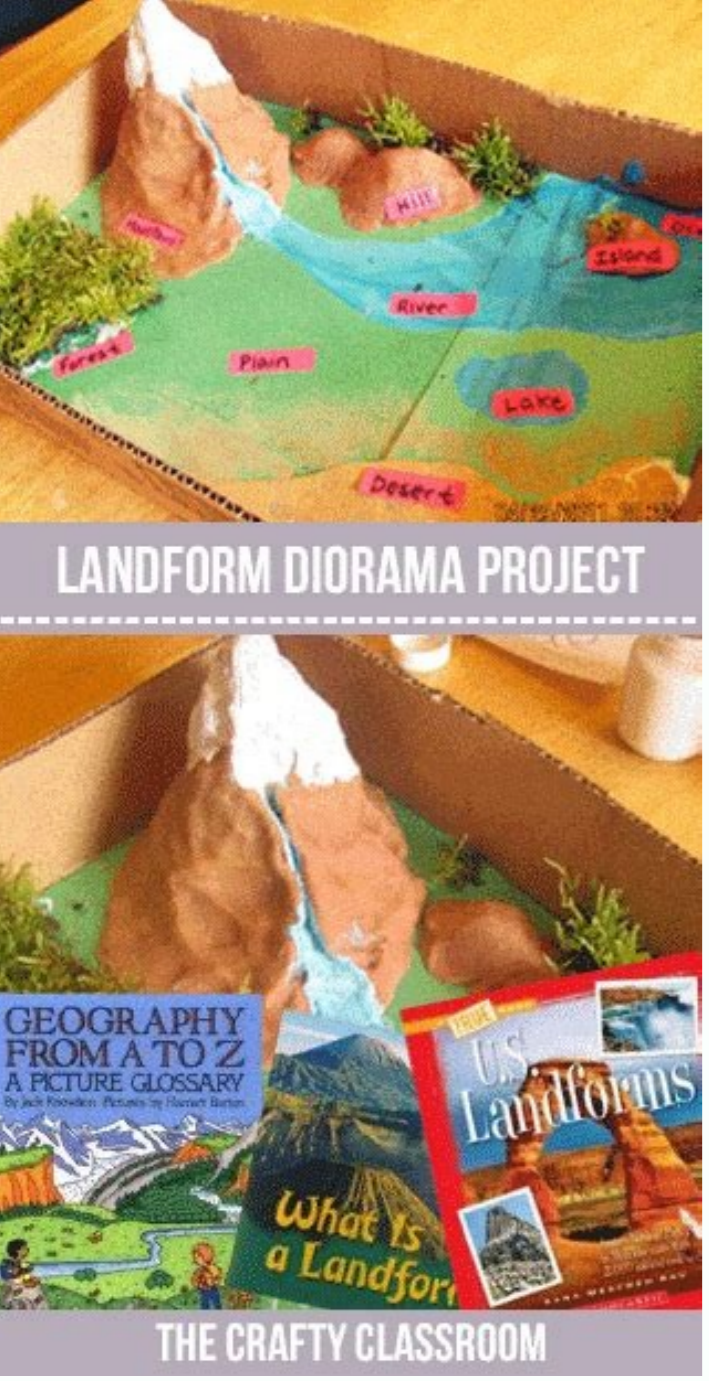

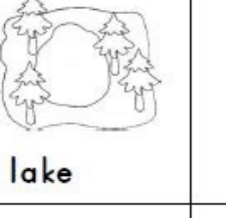

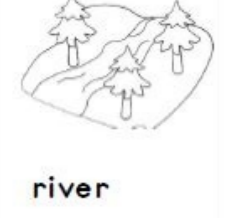
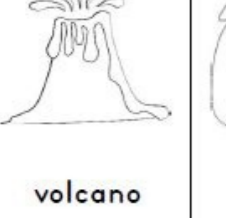
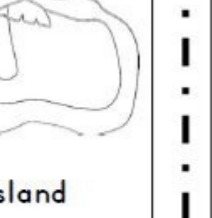


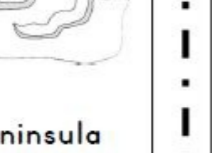
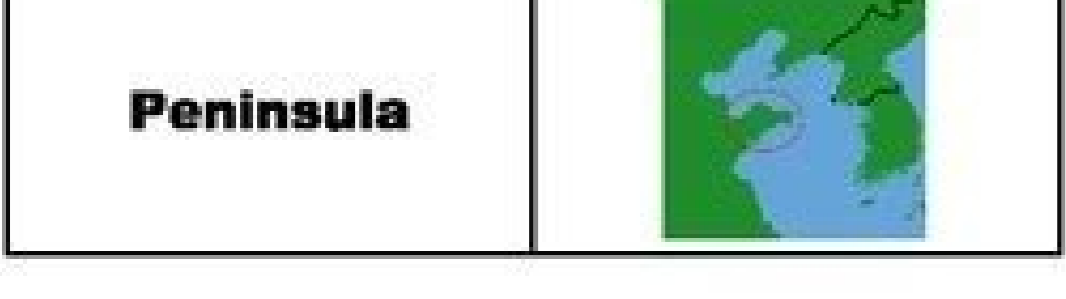
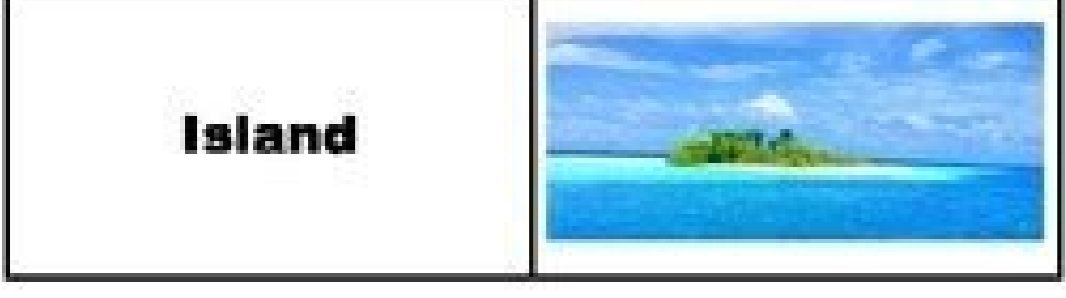
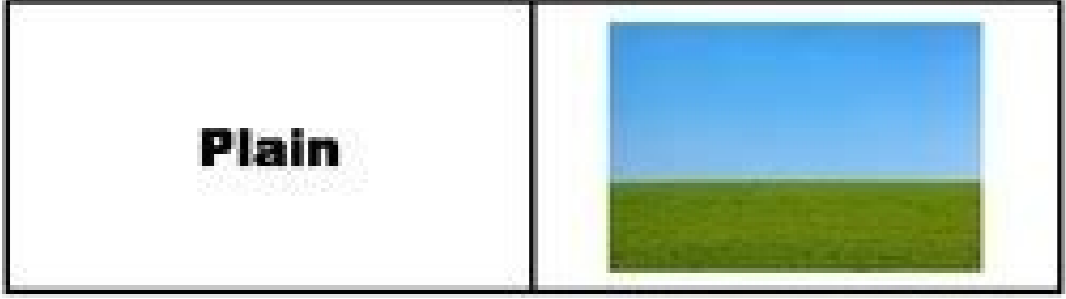


I'm not robot!







**Landforms & Bodies of Water  
Sorting**

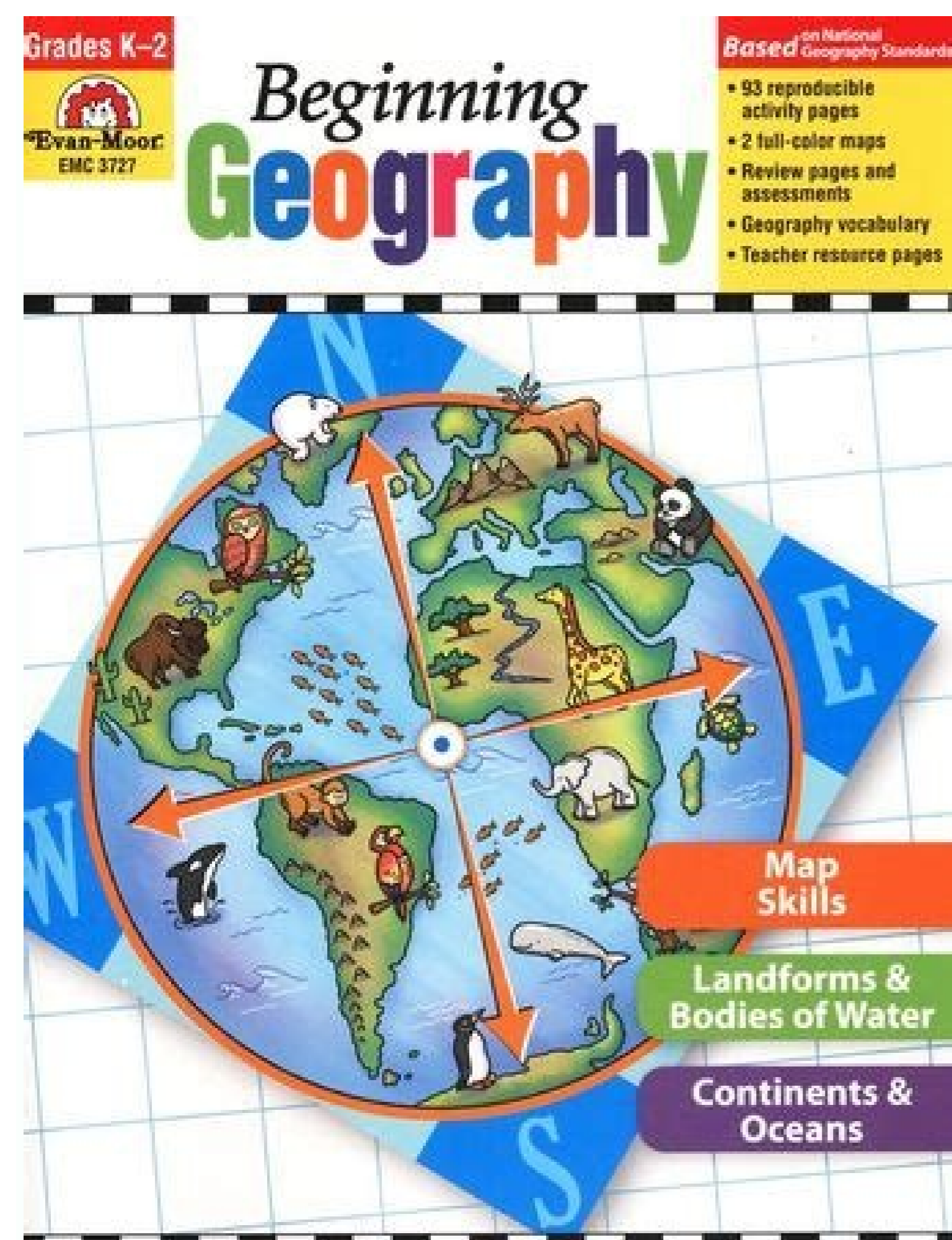
 Canyon	 lake	 mountain
 river	 volcano	 island
 hills	 Pond	 Peninsula



**Landform Chart**

Write the landform and write its name and definition.

Landform	Name	Definition
		
		
		
		



Landforms and bodies of water quiz answer key. Landforms and bodies of water answer key. Landforms and bodies of water super teacher worksheets answers.

Landforms - Cut & Glue FREE Glue the landform pictures next to the correct definition. Words include plain, plateau, island, isthmus, hill, and peninsula. 2nd through 4th Grades Match the landform with the correct definition on this printable worksheet. Vocabulary on this worksheet includes volcano, mountain, hill, canyon, plain, plateau, and others. 2nd through 4th Grades Land and Water Formations The landscape picture shows mountains, hills, a plain, a river, a plateau, and even a volcano. Students label the picture parts and choose the correct definitions. 2nd through 4th Grades Live worksheets > English Finish!! Please allow access to the microphone Look at the top of your web browser. If you see a message asking for permission to access the microphone, please allow. Close Have you ever wondered how much of your body is water? The percentage of water varies according to your age and gender. Here's a look at how much water is inside you. The amount of water in the human body ranges from 45-75%. The average adult human body is 50-65% water, averaging around 57-60%. The percentage of water in infants is much higher, typically around 75-78% water, dropping to 65% by one year of age. Body composition varies according to gender and fitness level because fatty tissue contains less water than lean tissue. The average adult male is about 60% water. The average adult woman is about 55% water because women naturally have more fatty tissue than men. Overweight men and women have less water, as a percent than their leaner counterparts. Babies and children have the highest percentage of water. Adult men contain the next highest level of water. Adult women contain a lower percentage of water than babies or men. Obese men and women have less water, as a percentage than lean adults. The percent of water depends on your hydration level. People feel thirsty when they have already lost around 2-3% of their body's water. Being dehydrated by just 2% impairs performance in mental tasks and physical coordination. Although liquid water is the most abundant molecule in the body, additional water is found in hydrated compounds. About 30-40% of the weight of the human body is the skeleton, but when the bound water is removed, either by chemical desiccation or heat, half the weight is lost. Most of the body's water is in the intracellular fluid (2/3 of the body's water). The other third is in the extracellular fluid (1/3 of the water). The amount of water varies, depending on the organ. Much of the water is in blood plasma (20% of the body's total). According to a study published in 1945 and still widely cited, the amount of water in the human heart and brain is 73%, the lungs are 83%, muscles and kidneys are 79%, the skin is 64%, and the bones are around 31%. Water serves multiple purposes: Water is the primary building block of cells. It acts as an insulator, regulating internal body temperature. This is partly because water has a high specific heat, plus the body uses perspiration and respiration to regulate temperature. Water is needed to metabolize proteins and carbohydrates used as food. It is the primary component of saliva, used to digest carbohydrates and aid in swallowing food. The compound lubricates joints. Water insulates the brain, spinal cord, organs, and fetus. It acts as a shock absorber. Water is used to flush waste and toxins from the body via urine. Water is the principal solvent in the body. It dissolves minerals, soluble vitamins, and certain nutrients. Water carries oxygen and nutrients to cells. Related Published December 18, 2020 By Dr Ligaya Solera Saberon Categorized as Montessori-Inspired Worksheets Tagged geography worksheets, Montessori Geography, Montessori lessons, Montessori science, science worksheets Landforms and Bodies of Water Chart Motivate kids to grasp and retain the names of various landforms and bodies of water with this chart. Enhance the vocabulary of 1st grade and 2nd grade kids with this types of landforms and bodies of water chart. Landforms Chart | Flashcards This landforms chart can be used as an anchor chart or the individual units can be made into flashcards to facilitate repetition. Show each card and help kids identify the landforms and learn to spell them as well. Bodies of Water Chart | Flashcards Brainstorm kids of what they know about the various bodies of water. Bolster recognition and spellings of kids with this aesthetically appealing bodies of water chart pdf that could be used as flashcards too. Geographical Features Descriptions Apt and concise description of each landform and body of water is clearly stated in these flashcards for grade 3 and grade 4 and comes handy in active recall and repetition of the geographical features. Label the Physical Features | Word bank Kids apply their understanding of the concept to identify the images of landforms and waterways and label them accordingly using the words from the word bank. Name the Geographical Features Brush up skills of your children in identifying the geographical features with this worksheet featuring images of various landforms and bodies of water. Write their names as well. Identify the Landforms | Diagram This visually appealing printable worksheet encompasses various landforms in a single diagram. Children are expected to identify and label the landforms marked. Identify the Bodies of Water | Diagram Observe the bodies of water diagram, figure out the different bodies of water marked in the diagram and write their names to complete this pdf worksheet. Geographic Features | Vocabulary This defining each geographical feature vocabulary worksheet for 3rd grade and 4th grade children helps recapitulate the terminology and descriptions related to landforms and bodies of water. Matching Pictures to Vocabulary This geographical features matching activity worksheet provides kids of grade 1 and grade 2 an opportunity to make a one-to-one correspondence between the image and the vocabulary word. Matching Vocabulary to Description This interesting pdf worksheet encompasses the physical feature vocabulary words and their descriptions. Read the description and correlate it with the vocabulary word. Physical Features | Cut and paste Direct the kids to snip the picture cards, categorize them as landforms and water formations and glue them in the appropriate columns in this printable landform-cut-paste activity worksheet. Geographical Features | Crossword This novel approach assists kids to learn and remember the terminology. Figure out the landforms and water bodies from the clues given as images and write their names in the crossword grid. Fill in the blanks Test knowledge of children with this fill in the blank worksheet. The sentences have blanks with the key vocabulary word missing, read the sentences carefully and plug in the appropriate words. Label the Geographical Features on the Map Follow up with this label the geographical features on the map of North America worksheet. Strengthen the spatial and mapping skills of children and help them comprehend the geography of North America. Memory Game | Activity Cards Wrap up the topic with this memory activity. Snip apart the pictures, vocabulary and descriptions, glue them onto card stock and get your activity cards ready. Kids flip the activity cards, map the image to the correct vocabulary or description. The surface of the Earth has various natural physical features. These were created from various forces of nature, such as ice, water, wind and the movement of the tectonic plates under the earth's surface. We call these features landforms. There are many types of landforms. These are the types of landforms grade 2 students learn about. Mountains are large natural elevations of the earth's surface rising abruptly from the surrounding level. They are formed from earthquakes, volcanic eruptions and erosion caused by wind, water and ice. Plateaus are flat highlands separated from their surrounding land with steep slopes. They are formed from the collision of tectonic plates that cause the elevation of the earth's surface. Valleys are low areas of land between hills or mountains. Typically, a river or stream will flow through a valley. They are formed by glaciers and rivers. Deserts are dry, barren lands, often covered in sand. These areas don't get a lot of rain and lack vegetation. The air is very dry and the daytime temperature is high. Islands are pieces of land completely surrounded by water. They are mostly formed by volcanoes. Plains are large areas of flat grass with few trees. They are formed by the eroding soil from nearby hills or mountains, or from flowing lava deposited by wind, water or ice. Rivers are large natural streams of water flowing in a channel to the sea, a lake or another stream. They start from rainfall from higher areas, such as mountains or hills. Lakes are large bodies of water surrounded by land. They are formed by the movement of tectonic plates that create basins that fill with water. Glaciers are slow-moving masses of ice formed by compact snow on top of mountains and near the North and South Poles. They move extremely slowly by gravity. Deltas are triangular tracts of sediment deposited at the mouth of a river. They are formed from sand, silt and rock particles that accumulate at the entrance of the river. In our grade 2 science section, we've created a series of worksheets to help students practice labeling the different landforms and bodies of water. In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. yanik88/Shutterstock Alkaline water is trending—but that doesn't mean it's necessary, or even beneficial, to drink. Health expert Nesochi Okeke-Igbokwe, MD, explains that alkaline water essentially contains added minerals that raise the pH level of the water. "These added minerals and compounds allow for the water to be a lot less acidic than usual," she says. Making your body less acidic is often touted as a benefit of alkaline water, says Kris Sollid, RD, senior director of nutrition communications for the International Food Information Council Foundation. The pH scale measures the acidity and the basicity of a liquid or solution from zero to 14. Anything below seven is acidic, and everything above seven is alkaline, says Jamie Koufman, MD, a physician who specializes in laryngology. The human body—in particular the lungs, liver, and kidneys—controls and maintains a normal and neutral pH of 7.4 in the blood, according to Niket Sonpal, MD, an assistant clinical professor at Touro College of Medicine. Know the 9 signs you are drinking too much water. Dr. Koufman says that no science backs the claim that drinking alkaline water changes the entire pH balance of the body. The hydrochloric acid in the stomach neutralizes alkaline water before the blood absorbs it, Sollid says. The stomach needs this acid and low pH to digest proteins and kill food-borne pathogens, according to Dr. Sonpal. So fiddling with a healthy and fully functioning body's pH is unnecessary. Plus, Dr. Koufman notes that if the body takes in extra acid or extra alkaline, it disposes of it through the urine. You're probably better off just drinking lemon water, which does have some impressive health benefits. According to Dr. Koufman, however, alkaline water can benefit people who suffer from acid reflux because, as her published research has found, the stomach enzyme pepsin dies at pH 8. Pepsin is responsible for inflammation in the ears, nose, and throat, but when alkaline water touches the tissues of the throat and esophagus, it helps wash out pepsin. "Alkaline water does help wash out stomach enzymes and [the] esophagus, [so] it can alleviate reflux symptoms, even undiagnosed ones," she says. Dr. Sonpal, however, tells his reflux patients to drink regular water because there isn't enough data to indicate that alkaline water helps. As for its possible negative side effects, he says that the beverage isn't inherently bad for the average person—but it's also not entirely risk-free. "Alkaline water can actually be dangerous for people with certain health conditions such as kidney disease or different forms of inherited renal tubular acidosis," he says. In some rare cases, he adds, going "overboard" on alkaline water could cause alkalosis, resulting in nausea, vomiting, muscle twitches, and confusion. There's also a difference between drinking artificial and natural alkaline water. The chemical process that creates some alkaline waters could strip it of essential minerals necessary for good health—and in some cases might also have contaminants, Healthline reports. Dr. Koufman recommends only naturally occurring alkaline water. Learn the 9 things that happen to your body when you drink enough water. All that said, Dr. Okeke-Igbokwe explains that the current body of research available on alkaline water isn't strong enough to support claims of the potential benefits. A healthy, functioning body is already doing what is necessary to maintain your blood pH. Sollid reiterates that alkaline water won't affect the body's acidity levels—which is a good thing because the body requires a balanced pH. "Thankfully, the pH of our body is a tightly controlled process that even the most expensive bottled water can't interrupt," he says. Bottom line, Sollid says, drinking regular water will keep you hydrated and healthy without the added cost of the trendy alkaline variety. Next, check out these 8 unexpected reasons you are always thirsty. Originally Published: March 14, 2019

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