



WATER

Water is essential to the life. It is our body's major constituent. It infuses all our tissues and most biological and biochemical reactions require its presence. Water accounts for 70 to 75% of a child's body weight, 60% of an adult's and 50% of a senior's.

1.5 litre of drinking water per day is necessary (to be adjusted according to the ambient temperature and physical activity of each person).

Milk is rich in water (87%) thus, $\frac{1}{2}$ L of milk (2 large glasses) delivers 435 ml of water. The water content of cheese varies according to the type of cheese: 36 to 86% according to the production process.