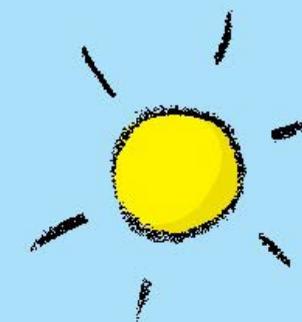


A DAY IN THE LIFE OF  
**MURRAY**  
& Bird

**WATER  
WORKS!**



**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)

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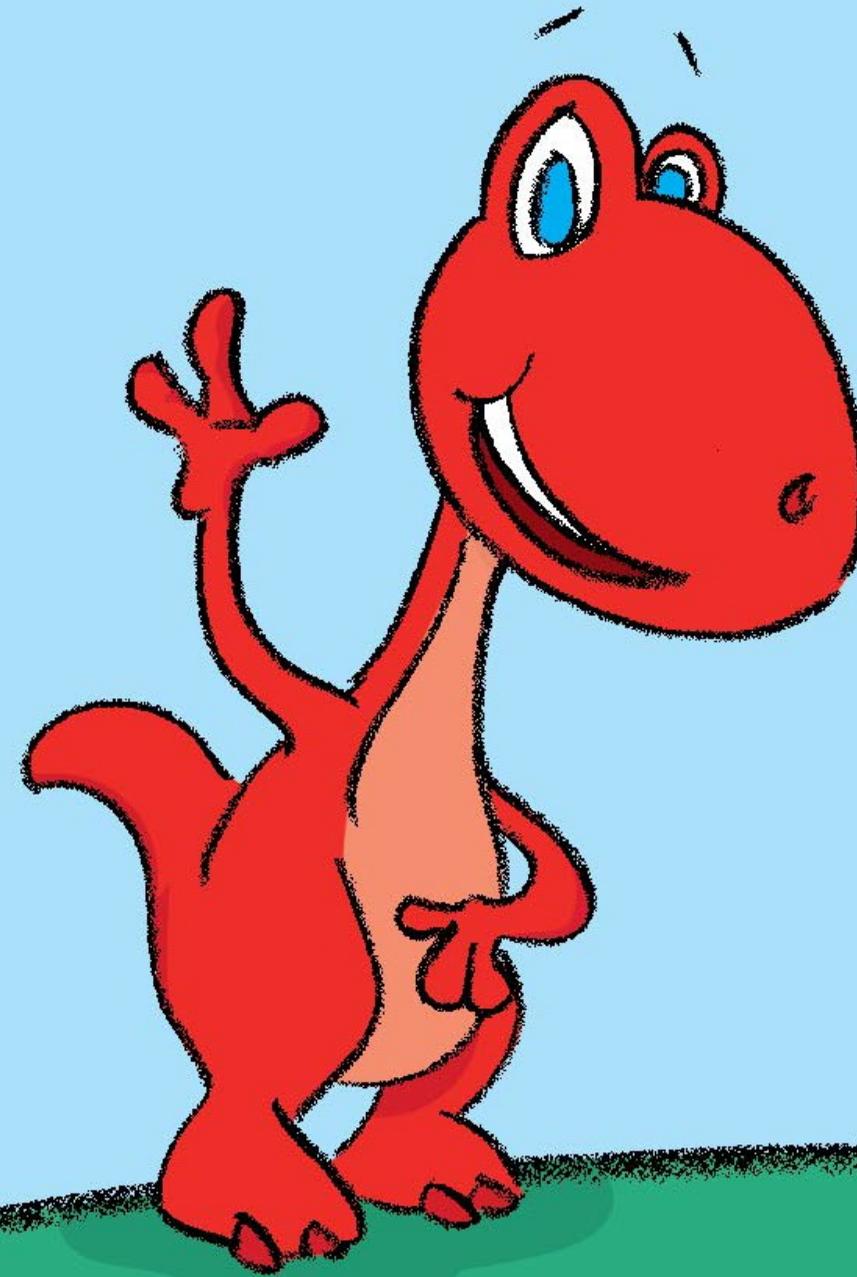
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# WATER WORKS!

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This is Murray the dinosaur  
and his best friend Bird.



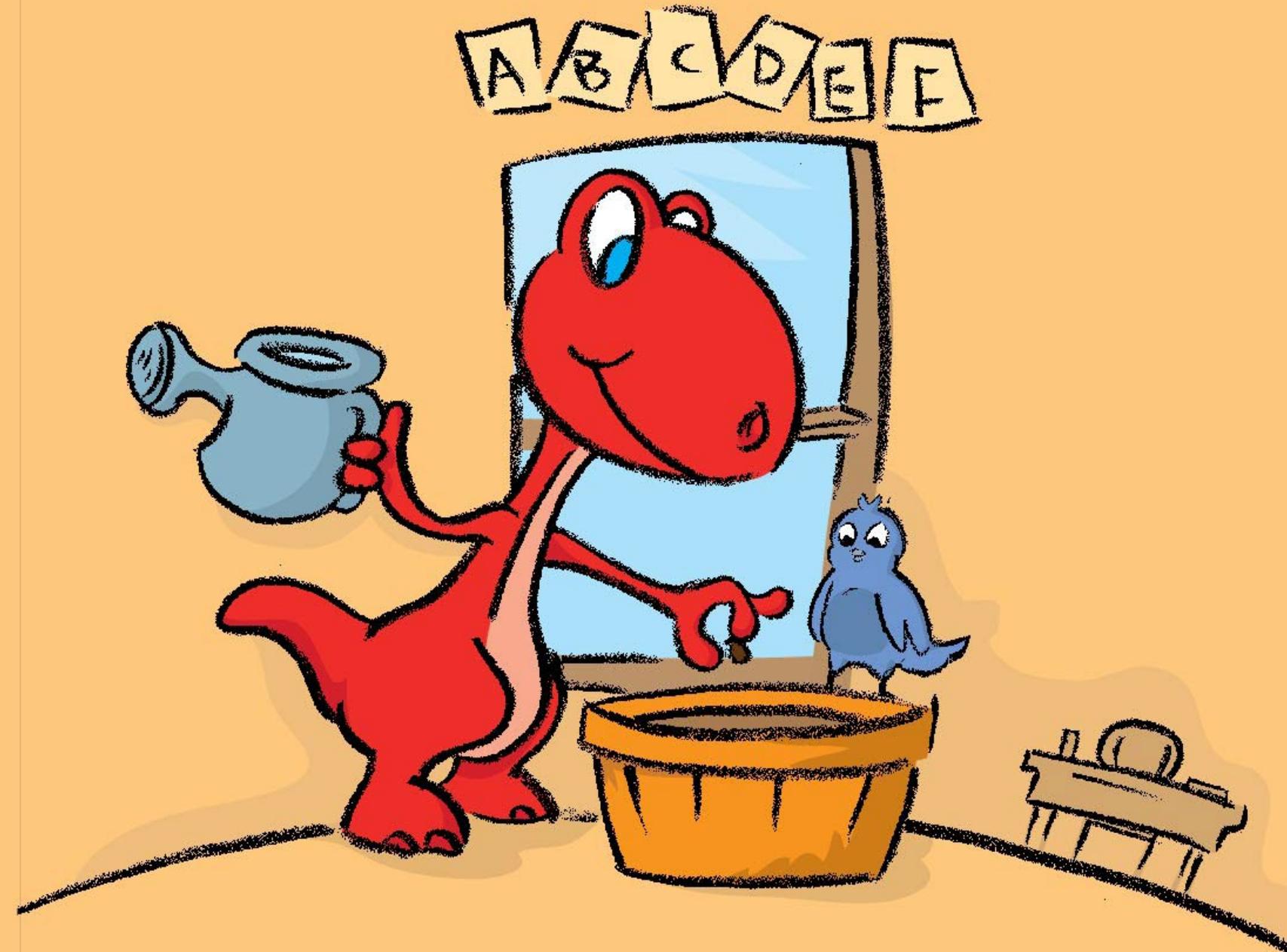
**Can you tell me about  
your special friend.**

Murray can't wait to get to school to see his friends.  
His teacher told him it's going to be a fun day!

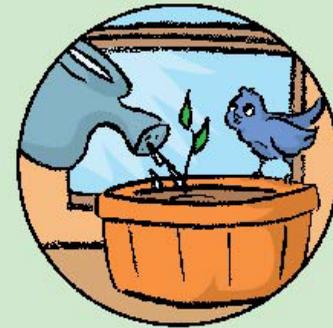
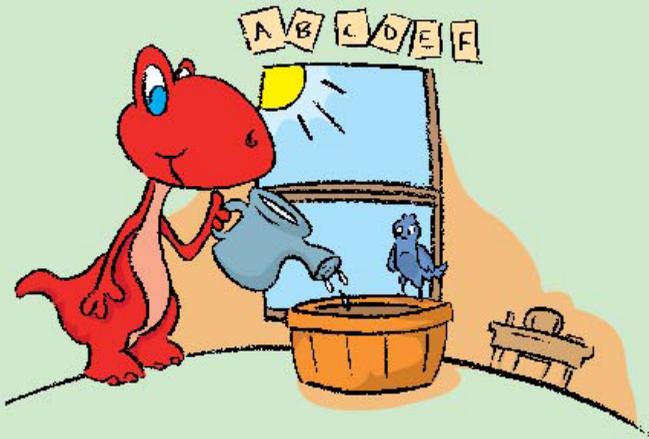


Murray is learning about plants at school. He is planting a bean seed in the dirt.

**Have you ever planted anything?  
What have you planted?  
What do you think plants need to grow?**



Murray takes care of his plant.

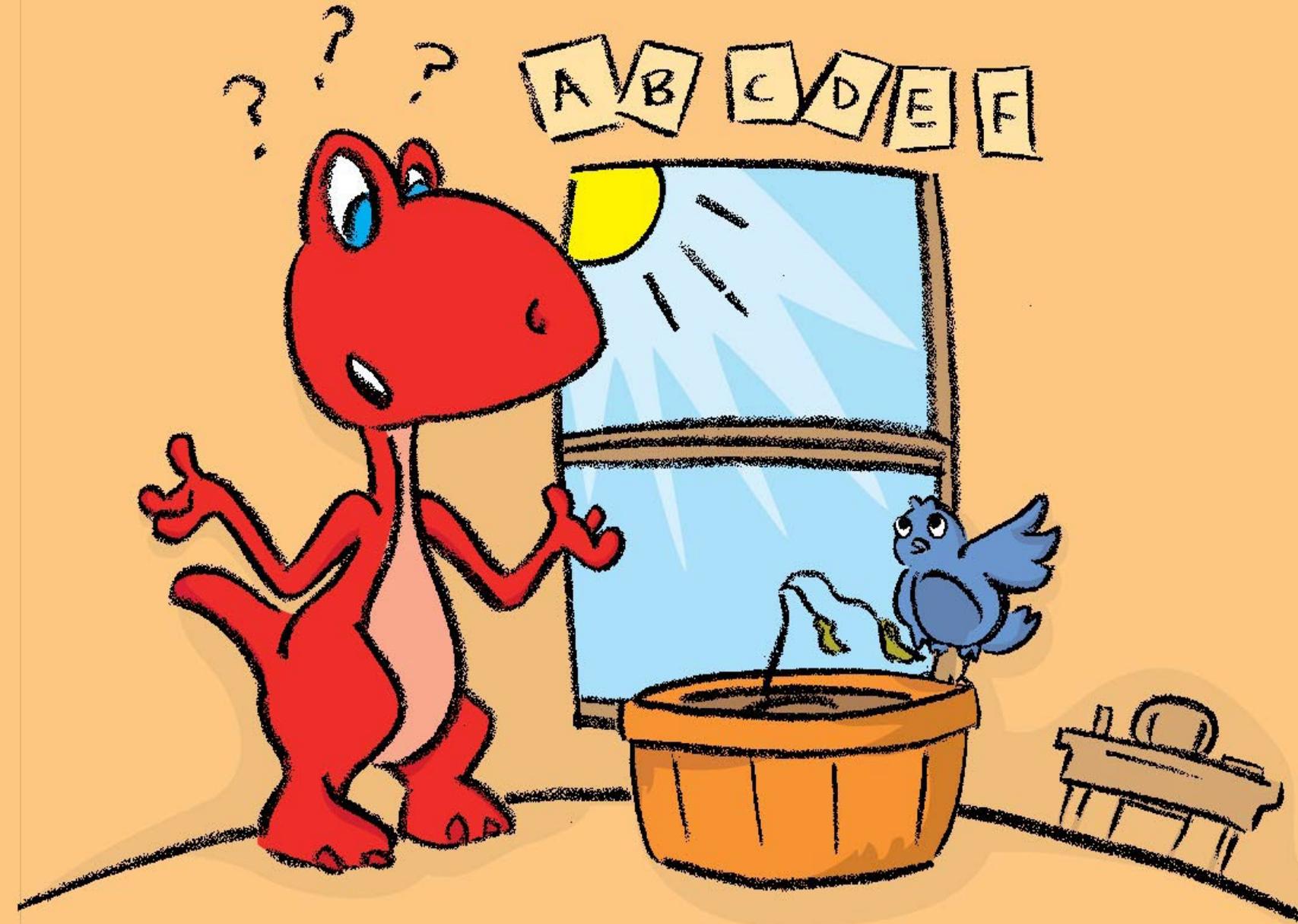


Why do you think the plant wilted?

Murray returns to school after the weekend.

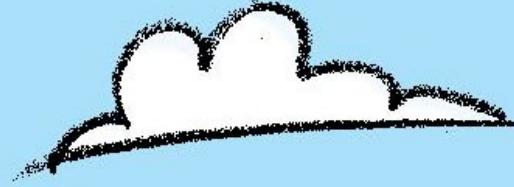
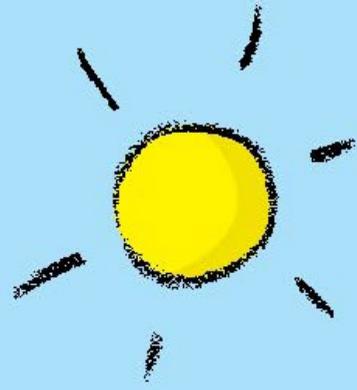
He cries out, "Oh no, my plant! What happened?"

Bird flies in and chirps, "Hey, Murray! You forgot to water your plant!"

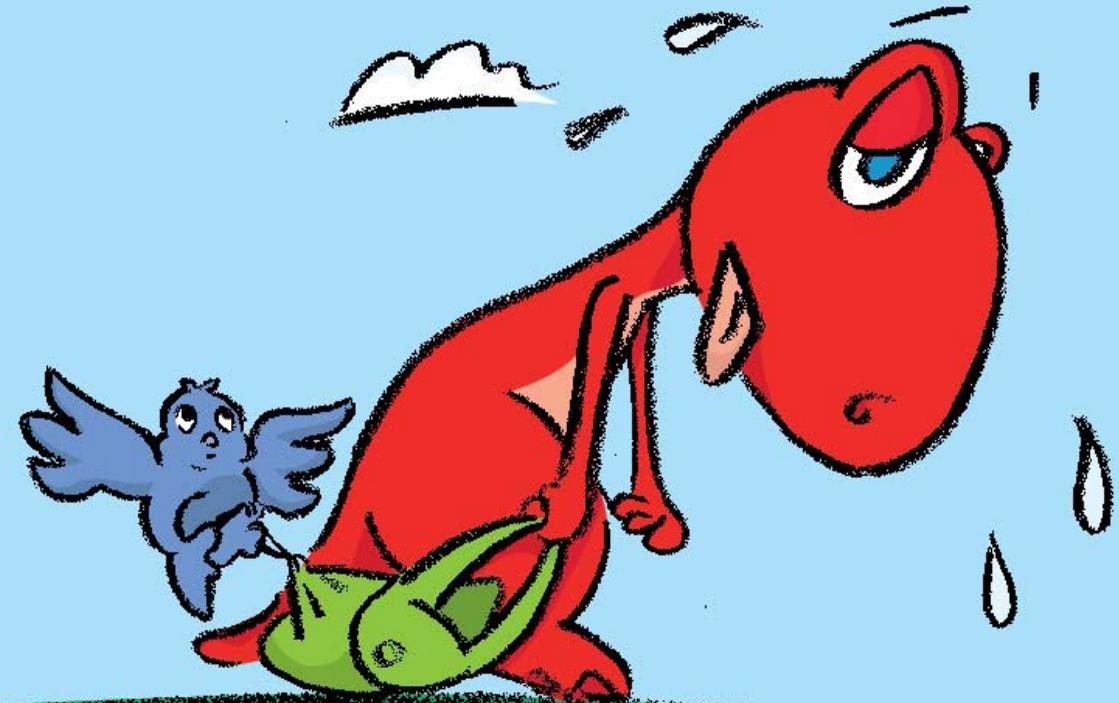


Murray grabs the watering can and gives his plant a drink.





After a day at school Murray grumbles, " I am so thirsty."



**Why do you think Murray is thirsty?**

Murray hurries into the house and hangs up his backpack.

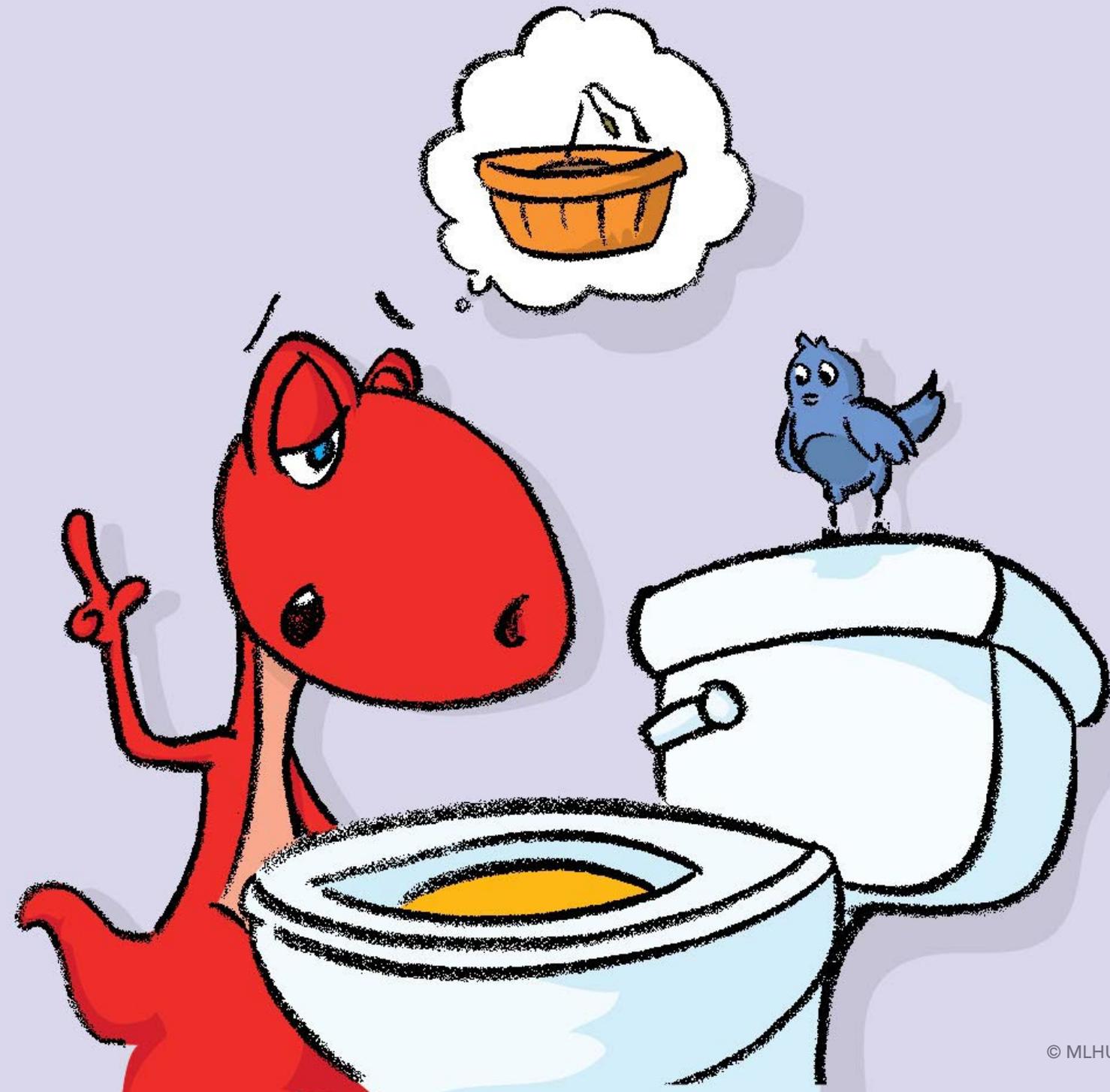
He has to go pee.

Murray says, "Why is my pee so dark?"

**Why do you think  
Murray's pee is dark?**



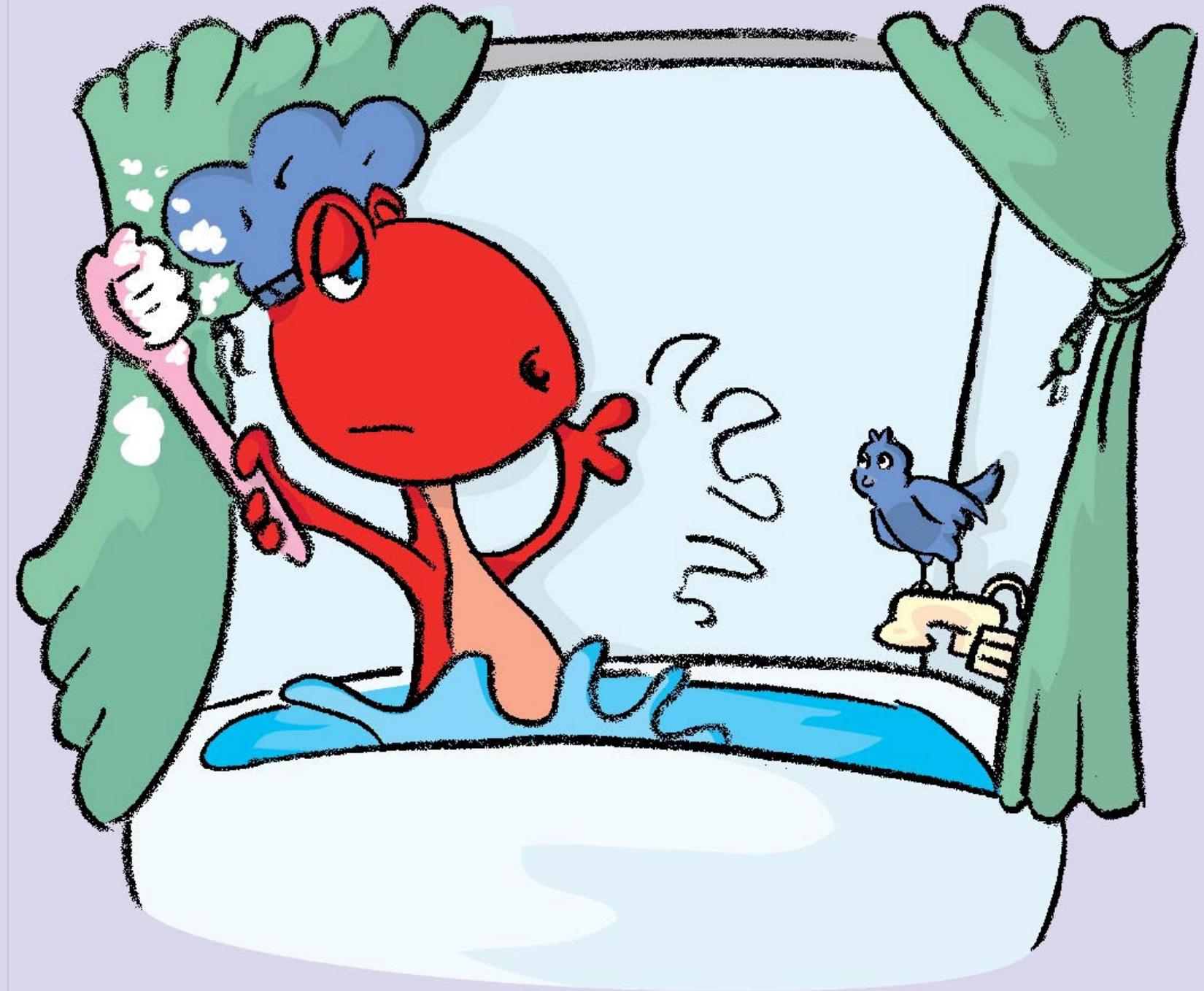
"I know! I need water,  
just like the bean plant."



“I know what to do,”  
cries Murray.

He jumps into the  
bathtub to water himself  
just like the plant.

**What do you think Murray is trying to  
do by jumping into the bathtub?**

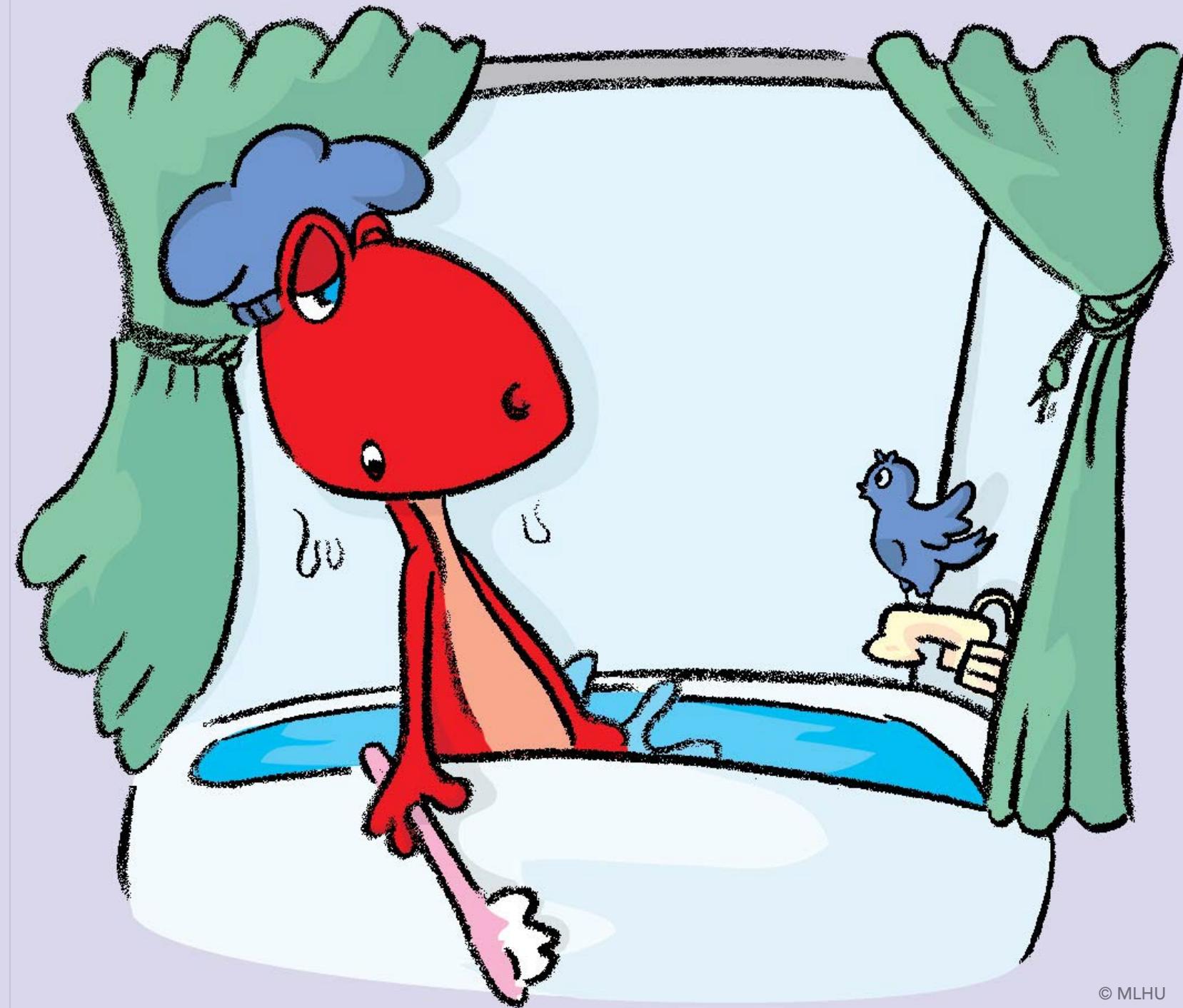


"It is not working," exclaims Murray.

"What's not working?" chirps Bird.

"I am still limp and droopy," says Murray. "Water made the plant spring to life; why not me?"

**Why is sitting in the bathtub not making Murray feel better?**



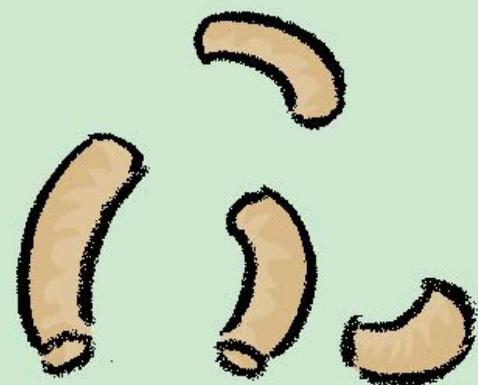
“It’s simple Murray! Plants take up water through their roots. You need to eat or drink water.” chirps Bird.

“Eat my water?”  
questions Murray.

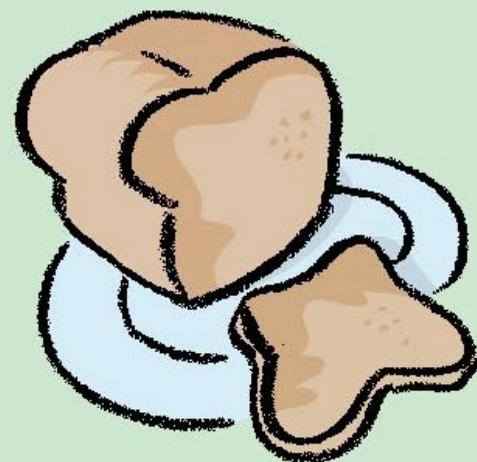
**What do you think Bird means by “eating your water”?**



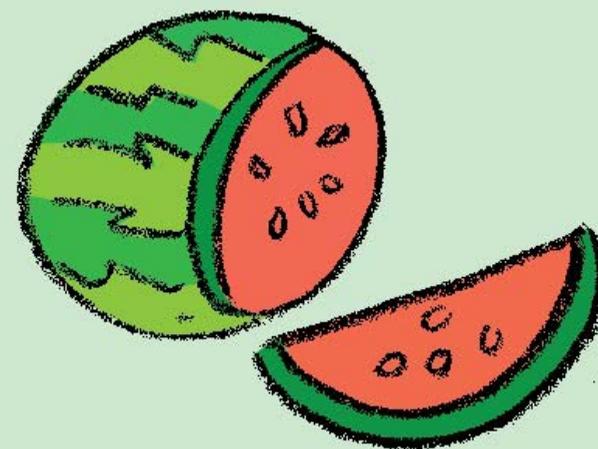
Help Murray decide which foods have water in them.



Whole wheat macaroni elbows



Whole wheat bread



Watermelon

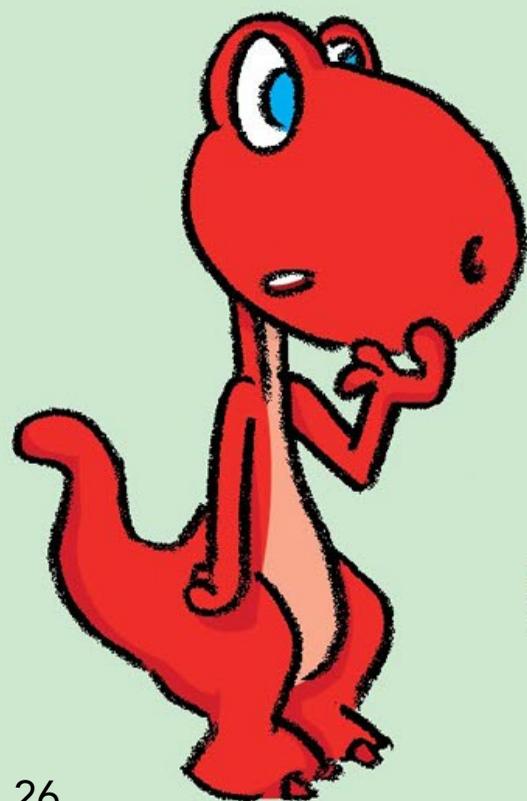


Orange

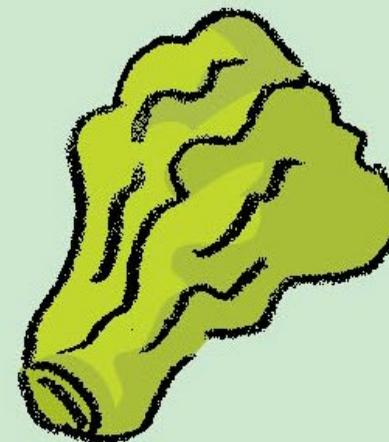
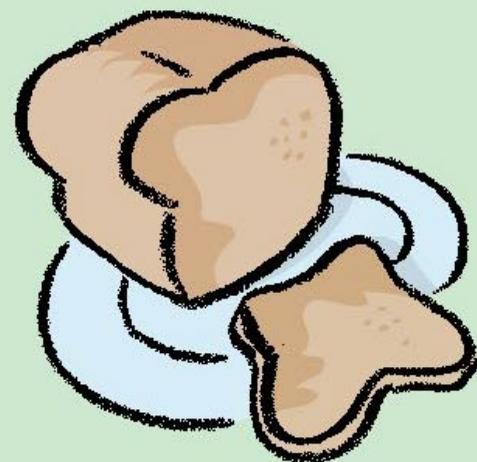
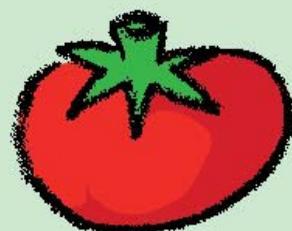
Muffin



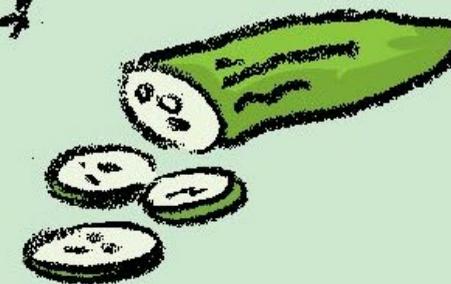
Cheese



Tomato



Romaine lettuce



Cucumber



You are right Murray.  
It's all the vegetables  
and fruit!" chirps Bird.



Orange



Watermelon



Romaine lettuce



Tomato



Cucumber

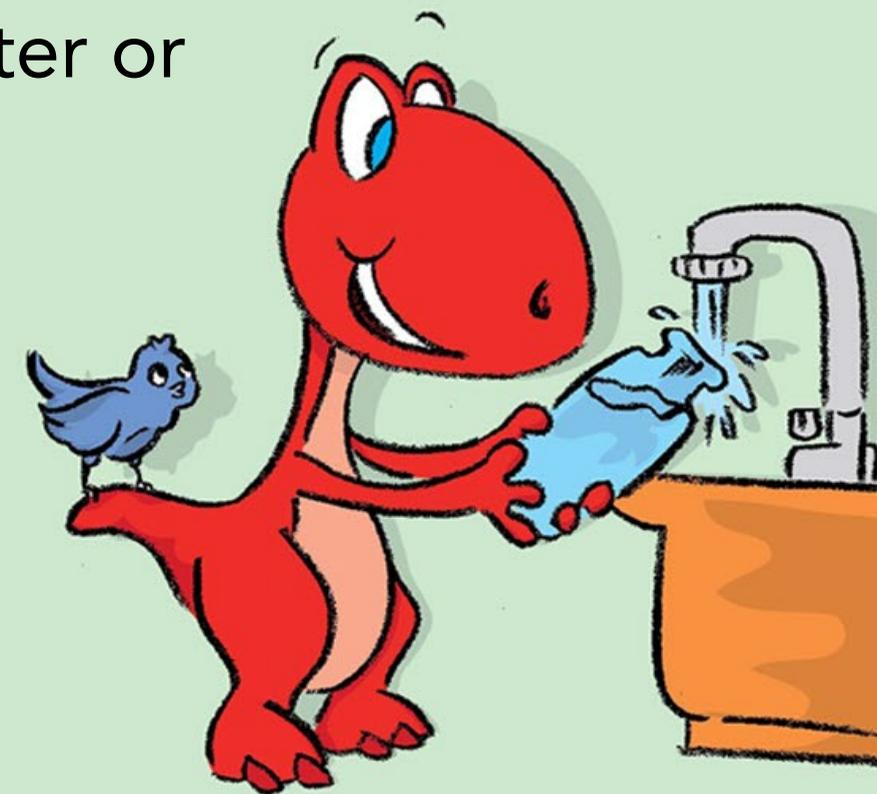
Did you pick the same  
foods as Murray?

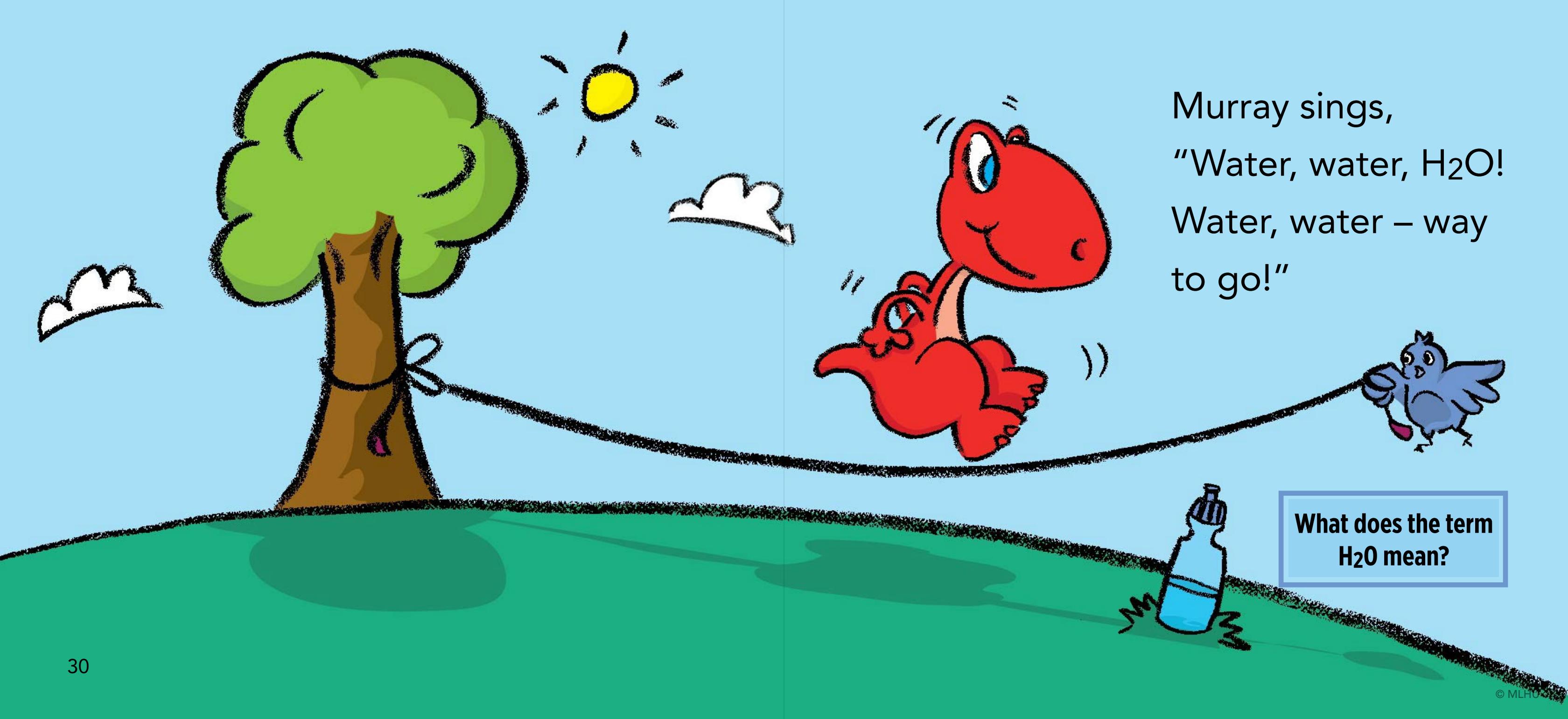
"mmm ... that snack was yummy",  
says Murray.

"Most vegetables and fruit  
are about 80% water or  
more." says Bird.

What are your favourite  
vegetables and fruit?

Why do you think  
it is important to  
drink water and eat  
vegetables and fruit?





Murray sings,  
"Water, water, H<sub>2</sub>O!  
Water, water – way  
to go!"

**What does the term  
H<sub>2</sub>O mean?**

"See you next time!"

