

## 2) Heat Capacity

- Water has a high heat capacity which helps your body maintain a relatively constant body temperature. 60% of your body is water.

- the oceans help the earth maintain its temperature.

## 3) Low Density as a Solid

- Water has hydrogen bonds that crystallize into a lattice which keeps the hydrogen bonds apart.

- This is why water freezes from the top down instead of from the bottom up. Ice takes up more space.

- Ocean has absorbed all the CO<sub>2</sub> it can take.

- This is essential to life.

- Ocean is warming so killing algae & plankton

- Rainforest uses more oxygen than it makes. We should save the rainforest but not for oxygen. Algae & plankton

in ocean produce most of oxygen. If water froze from the bottom up, we'd die.