Theoretical aspects :

* Percentage calculation
* Rational numbers calculus

Conclusions :

* In order to obtain 2 l of liquids daily we can use fruits.
* It is enough to eat 10 oranges daily to have 2 l of liquids.

Solution :

* One orange weigh 237g. Water percentage 87%

of water

* One pear weigh 234g. Water percentage 84%

of water

* One medium banana weigh 146g. Water percentage 74%

of water

* One brunch of grapes weigh 643g. Water percentage 81%

of water

Considering the fact that water density is 1, we can use a capacity measurement for the amounts involved.

Practical issue :

* Using the percentage of water in usual food find out how much water do we get eating food.
* Pupils will get fruits and a study that has the percentage of water in food. They will weigh the fruits, determine the amount of water and they will put that amount in a recipient to show water contribution for human organism