

# The Water Cycle

## Poster 9

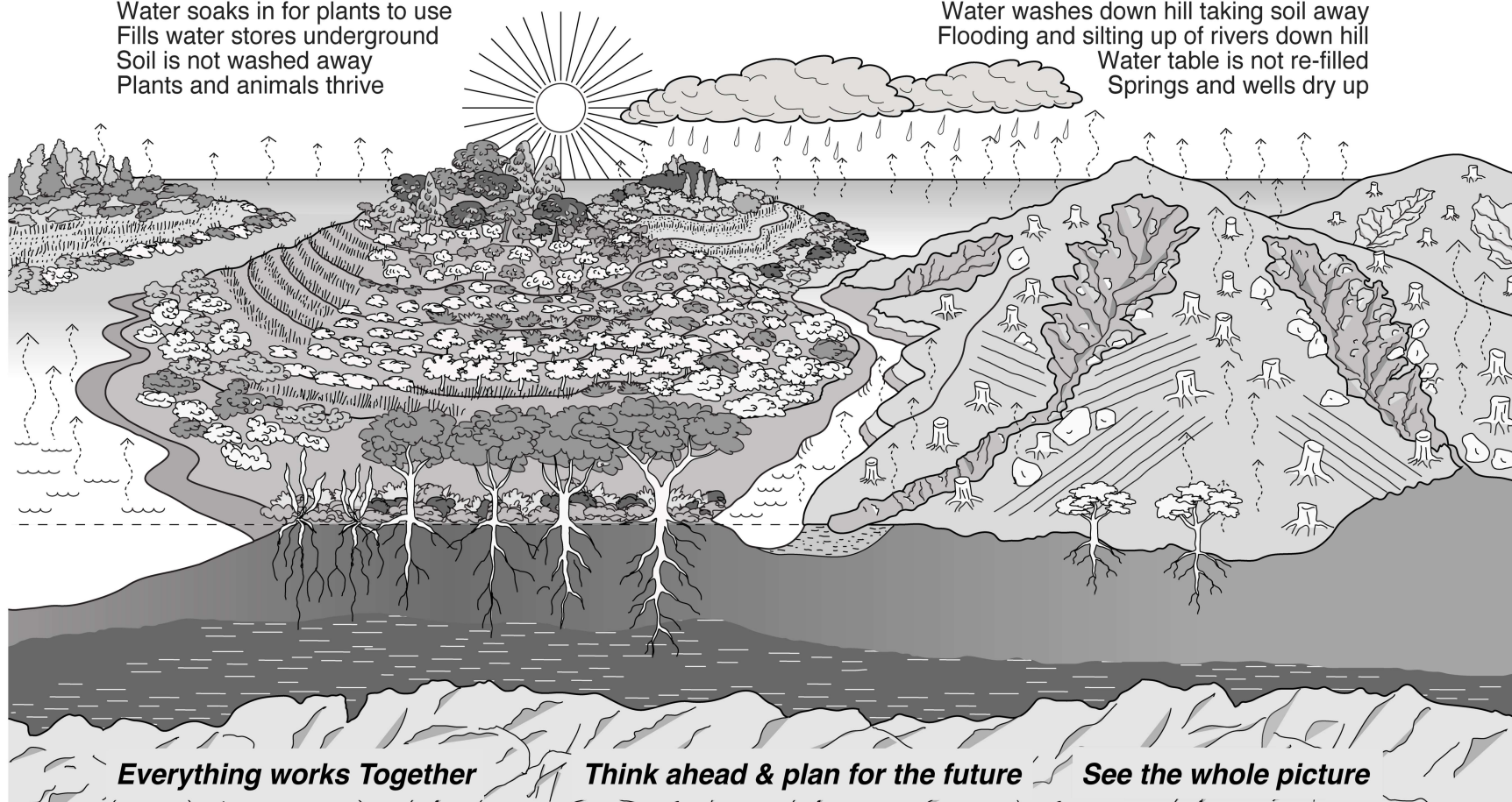
### *A Healthy Water Cycle needs a Healthy Environment*

#### **Healthy = Absorption**

Rain falls on plants, trees and mulch  
Water soaks in for plants to use  
Fills water stores underground  
Soil is not washed away  
Plants and animals thrive

#### **Unhealthy = Erosion**

Rain falls on hard, bare soil  
Water washes down hill taking soil away  
Flooding and silting up of rivers down hill  
Water table is not re-filled  
Springs and wells dry up



*Sustainable Nutrition Manual by Stacia Nordin, editing & illustrations by Sarah Beare  
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