

### 2023 A Level Biology transition work

Water is essential in biology for several reasons. Firstly, water serves as the primary medium for most biological reactions, allowing for the transport of nutrients, gases, and waste products within organisms. It also maintains cellular structure and supports metabolic processes. Additionally, water's high specific heat capacity helps regulate temperature, preventing rapid fluctuations that could harm living organisms. Water's ability to dissolve a wide range of substances enables crucial chemical reactions in cells. Furthermore, water's cohesive and adhesive properties contribute to capillary action, facilitating the movement of water in plants and blood in animals. Overall, water is indispensable for the functioning, survival, and maintenance of biological systems.

Read the [following document](#):

Watch the following clip: [AS Biology - Water \(OCR A Chapter 3.2\) - YouTube](#)

The complete this quiz: <https://forms.office.com/e/L0RCKLt1f1>