

# Most of the cell is made of water

- About two-thirds of every cell is water.
- Water found in the cells makes up about 46% of your body's mass. Water found outside the cells makes up about 23% of your body's mass.
- Water outside the cells is just as important as water inside the cells.
- Water is required by organisms for many reasons. Recall that chemical reactions take place in water.

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- Water has important properties: it is able to dissolve substances.
- This is not true of all substances. For example, water cannot dissolve lipids because of their structure.
- Remember, lipids have a head (glycerol) and a tail (fatty acids). The head is hydrophilic--it loves to cling to water. The tail is hydrophobic--it goes away from water.

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- Our cell membrane is made of two layers of lipids. When placed in water, the lipids pack close together and the head points outward toward the water and the tail points away towards other tails.

