

A solution is a mixture that forms when one substance dissolves another. It can dissolve gases such as carbon dioxide and oxygen. As the negative side of water forms bonds with the Na^+ and the positive side is attracted to Cl^- ions in a crystal of salt (NaCl), it pulls these ions into solution, the crystal dissolves. The ability of water to dissolve many substances allows water to deliver essential nutrients to cells in plants, animals, and other organisms. This property of water allows lakes, streams, and ocean ecosystems to maintain stable temperatures, even if air temperatures change dramatically. Dissolving salt is an example.