

Staying Hydrated

Water composes more than half of the human body. But every day your body loses water through sweating and going to the bathroom. So it's important to stay hydrated by replacing the water you lose each day.

Take this quiz to learn more about keeping your body hydrated with water. Write **T** for true or **F** for false in front of each statement. After you review the answers in class, take the quiz home, fold back your answers, and have a parent take the quiz so your whole family will know how to stay hydrated.

- | You | A Parent | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | 1. You should drink fluids only when you are really thirsty. |
| <input type="radio"/> | <input type="radio"/> | 2. Some foods contain up to 80% water. |
| <input type="radio"/> | <input type="radio"/> | 3. It is better to sip water throughout the day than drink a large amount of water all at once. |
| <input type="radio"/> | <input type="radio"/> | 4. You can get all the fluids you need from the foods you eat. |
| <input type="radio"/> | <input type="radio"/> | 5. Your body sweats in order to keep you cool. |
| <input type="radio"/> | <input type="radio"/> | 6. You need to drink less water when it's hot outdoors. |
| <input type="radio"/> | <input type="radio"/> | 7. You need to drink more water when you are in the mountains. |
| <input type="radio"/> | <input type="radio"/> | 8. Water helps carry the minerals and vitamins in the food you eat throughout your body. |
| <input type="radio"/> | <input type="radio"/> | 9. When you are dehydrated, your body has plenty of fluids. |
| <input type="radio"/> | <input type="radio"/> | 10. Your body loses water while you are asleep. |



Water Wisdom for Moms

Take the quiz with your child to see if you know your hydration facts. The answers are below. Remember that your child needs approximately 40 oz. of fluids daily for proper hydration. Find out more by visiting the "Live Well" section at the Nestlé® Pure Life® Purified Water Web site, www.nestle-purelife.us.



ANSWERS: 1. False. By the time you feel thirsty, your body is on its way to being dehydrated. 2. True. Many fruits and vegetables like melon and celery contain 85% to 95% water. 3. True. 4. False. You must also drink beverages like water throughout the day to stay fully hydrated. 5. True. To stay hydrated, you need to replace the liquids lost through sweating. 6. False. You need to drink more water because your body sweats. 7. True. When you are at a higher altitude, you must breathe more deeply, losing even more water! 8. True. 9. False. When you are dehydrated, your body is low on fluids. Severe dehydration can be a dangerous condition that could require medical attention, although severe dehydration is not a common problem in the U.S. 10. True.