

Quiz: The Importance of Water (CA)

QUESTIONS:

1. True or False: Our bodies are mostly made up of water.

2. True or False: Water helps to keep us cool.

3. True or False: When you sweat, your body can lose water.

4. What happens if our bodies do not get enough water? Your body can get:

- a) Thirsty
- b) Tired
- c) Full of energy
- d) A and B

5. True or False: You can only get water from drinking water.

6. True or False: When you are sick, your body might need more water.

7. When we are thirsty, which drink should we try to drink more of _____?

- a) Pop
- b) Juice
- c) Water
- d) All of the above

ANSWERS:

1. True
2. True
3. True
4. d) A and B
5. False, you can get water from eating food too!
6. True
7. c) Water