

Quiz: The Importance of Water (CA)

QUESTIONS:

1. What percentage of water are our bodies are made up of?
 - a) 20-40%
 - b) 100%
 - c) 60-70%
 - d) 80%

2. **True or False:** One role of water is to help move nutrients across the body.

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

4. **True or False:** Sweating is an example of insensible loss.

5. What happens if our bodies do NOT get enough water? Your body can get:
 - a) Dry Lips
 - b) Tired
 - c) Dark Urine
 - d) All of the above

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

7. **True or False:** If you are on a mountain, your body may need less water.

8. When we are thirsty, which drink should we try to drink more ____?
 - a) Pop
 - b) Coffee
 - c) Water
 - d) Milkshakes

ANSWERS:

1. c) about 60-70% water
2. True
3. True
4. **False**, sweating is an example of **sensible loss** since you can see the sweat.
5. d) All of the above
6. **False**, you can get water from food, such as water-rich foods!
7. **False**, higher altitudes often cause the body to work harder **and need more water**.
8. c) Water