

Quiz: The Importance of Water (US)

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) Headaches
- d) All of the above

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

ANSWERS:

1. True
2. True
3. True
4. d) All of the above
5. False, you can get water from food too!