

## Quiz: The Importance of Water (US)

### QUESTIONS:

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

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

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

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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

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

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

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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

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**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