

Quiz: The Importance of Water (US)

QUESTIONS:

1. **True or False:** Our bodies are made up of about 40% water.

2. **True or False:** Water helps our bodies to perform regular functions.

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

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

- a) Dry Lips
- 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:** If you are on a mountain, your body may need more water.

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

- a) Pop
- b) Coffee
- c) Water
- d) Milkshakes

ANSWERS:

1. False, our bodies are made up of about 60-70% water.
2. True
3. True
4. d) A and B
5. False, you can get water from food, such as water-rich foods!
6. True
7. c) Water