

## Quiz: The Importance of Water (US)

### QUESTIONS:

1. What percentage of water are our bodies are made up of?

- a) 20-40%
  - b) 100%
  - c) 60-70%
  - d) 80%
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2. **True or False:** One role of water is to help move nutrients across the body.

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

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

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

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

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8. When we are thirsty, which drink should we try to drink more \_\_\_\_?

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