



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Health - Lesson 3

before  
dehydrated  
drinking

made  
better  
thirsty

contain  
body

important  
sweating

enough  
drink

You've probably heard that you need to \_\_\_\_\_ 6-8 glasses of water a day. But do you know why you need to drink water? For starters, water is the most \_\_\_\_\_ element in your body. Up to 60% of your body is actually water. Without water, the food you eat couldn't be transformed into the energy you need to breathe, move, and think! Every day, your body naturally loses about 2.5 quarts of water – this water needs to be replaced through eating and \_\_\_\_\_.

Eating? Yes! Many foods \_\_\_\_\_ water – think about the last time you ate a juicy peach or bit into a crispy carrot. They are \_\_\_\_\_ up of water. Even the meat of animals and birds contains water. But the water from food is not \_\_\_\_\_ to make up for the 2.5 quarts you lose each day – you must replace the rest with liquids, preferably water. If you exercise, you will need to drink even more water to replace the fluids you lost through \_\_\_\_\_.

Other beverages can help replenish your body, but water is the best choice. Juices and sports drinks, for example, contain lots of sugar. Sodas contain sugar and caffeine and actually don't quench your thirst as well as water does. (This is why you often have to drink lots of soda to feel like you're not thirsty anymore. One glass of water would do a better job!) Water also relieves feelings of mild hunger or cravings. Sometimes when you think you're hungry, your body is just \_\_\_\_\_ for water!

There have even been studies proving that drinking water \_\_\_\_\_ bed helps you sleep \_\_\_\_\_

and awaken more refreshed. Drinking water can prevent you from getting \_\_\_\_\_ in the summer months when you play outside, and it can help you "flush out" the flu if you get sick.

Water is the best way to love and care for your \_\_\_\_\_, and best of all, it's absolutely free! Just run to the kitchen, grab a cup, and turn on the tap.