

# Water Does a Body Good



## Your body is about 70% water.

To keep your body working, you need to drink lots of water. Humans can live for about a month without food, but they can survive only a few days without water.

The loss of water from your body is called **dehydration**. When you're dehydrated, your body can't get energy from food to work, play or think. It's easy to become dehydrated while you exercise because your body loses water fast by sweating.

You should drink at least **6 8-ounce glasses of water a day** — more if you're exercising or become hot. Cold water is the best source of fluid. Why?

Your body absorbs cold fluids faster than warm ones. And plain water beats sodas or juices because it's sugar free. So turn on that faucet and drink up!



Glug, glug.



## WORD SCRAMBLE

### Where's the Water?

Got your swimsuit? Snorkel? You're ready for a cool dip. But who's seen the water? Unscramble this list of words to find 10 different bodies of water. (**Hint:** Keep out of the first one! You might come nose-to-nose with an alligator!)

**DIRECTIONS:** Draw lines connecting the **SCRAMBLED** words with the words in the **ANSWERS** column.

#### SCRAMBLED:

1. PAWMS
2. KALE
3. DOPN
4. EVRIR
5. ONCEA
6. REECK
7. ABY
8. ALNOOG
9. TRAEMS
10. ILNET

#### ANSWERS:

- STREAM
- POND
- OCEAN
- BAY
- RIVER
- SWAMP
- INLET
- CREEK
- LAKE
- LAGOON

## Help! I'm Thirsty!



Lead the boy through the maze to quench his thirst.



Answers: 1. SWAMP 2. LAKE 3. POND 4. RIVER 5. OCEAN 6. CREEK 7. BAY 8. LAGOON 9. STREAM 10. INLET