

Water is Best

INSTRUCTIONS: Fill in the blanks using the words in the glass.

1. Three healthy alternatives to water are:

a. Plain _____.

b. _____ tea.

c. Unsweetened _____.

2. Water helps our _____ work properly.

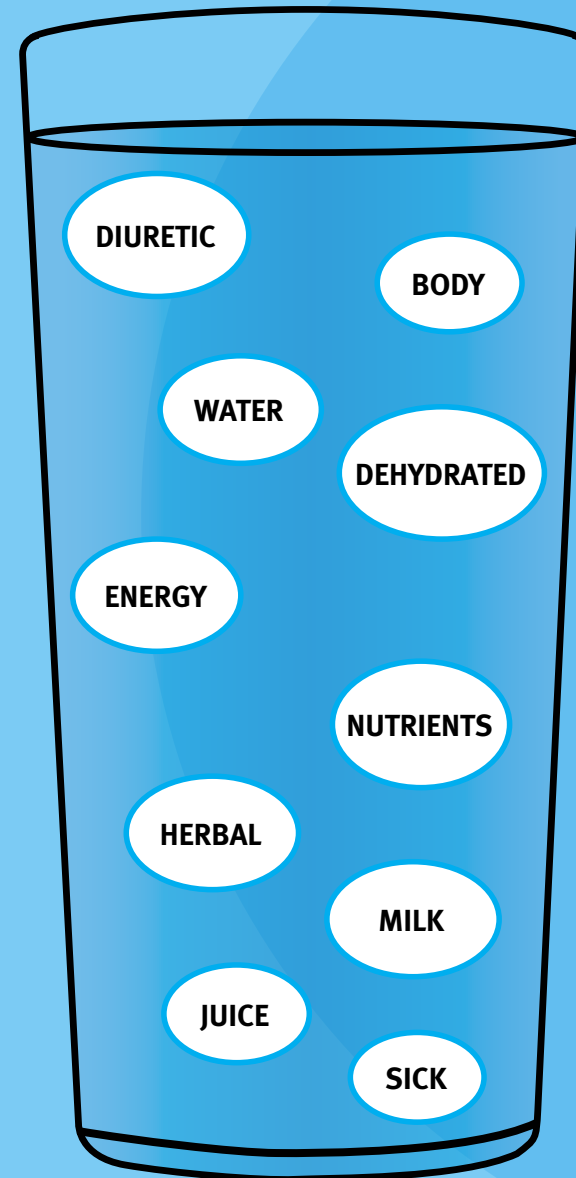
3. If we don't drink enough water we may feel _____.

4. More than half our body is made up of _____.

5. _____ drinks make us lose water from our body.

6. We need to drink water so our body doesn't get _____.

7. Water contains no _____ or _____.



Water is Best

Parent copy

INSTRUCTIONS: Fill in the blanks using the words in the glass.

1. Three healthy alternatives to water are:
 - a. Plain **MILK**.
 - b. **HERBAL** tea.
 - c. Unsweetened **JUICE**.
2. Water helps our **BODY** work properly.
3. If we don't drink enough water we may feel **SICK**.
4. More than half our body is made up of **WATER**.
5. **DIURETIC** drinks make us lose water from our body.
6. We need to drink water so our body doesn't get **DEHYDRATED**.
7. Water contains no **ENERGY** or **NUTRIENTS**.

