Water composes more than half of the human body. But every day your body loses water through sweating and going to the bathroom. So it’s important to stay hydrated by replacing the water you lose each day.

Take this quiz to learn more about keeping your body hydrated with water. Write T for true or F for false in front of each statement. After you review the answers in class, take the quiz home, fold back your answers, and have a parent take the quiz so your whole family will know how to stay hydrated.

You | A Parent
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1. You should drink fluids only when you are really thirsty. |  
2. Some foods contain up to 80% water. |  
3. It is better to sip water throughout the day than drink a large amount of water all at once. |  
4. You can get all the fluids you need from the foods you eat. |  
5. Your body sweats in order to keep you cool. |  
6. You need to drink less water when it’s hot outdoors. |  
7. You need to drink more water when you are in the mountains. |  
8. Water helps carry the minerals and vitamins in the food you eat throughout your body. |  
9. When you are dehydrated, your body has plenty of fluids. |  
10. Your body loses water while you are asleep. |  

Water Wisdom for Moms

Take the quiz with your child to see if you know your hydration facts. The answers are below. Remember that your child needs approximately 40 oz. of fluids daily for proper hydration. Find out more by visiting the “Live Well” section at the Nestlé® Pure Life® Purified Water Web site, www.nestle-purelife.us.

Answers:
1. **F**alse. By the time you feel thirsty, your body is on its way to being dehydrated.  
2. **T**rue. Some foods contain up to 80% water.  
3. **T**rue. It’s better to sip water throughout the day than drink a large amount of water all at once.  
4. **T**rue. You can get all the fluids you need from the foods you eat.  
5. **F**alse. Your body sweats in order to cool your body.  
6. **T**rue. You need to drink more water when you are in the mountains.  
7. **T**rue. Water helps carry the minerals and vitamins in the food you eat throughout your body.  
8. **T**rue. When you are dehydrated, your body is low on fluids.  
9. **F**alse. When you are dehydrated, your body is low on fluids. Severe dehydration can be a dangerous condition that could require medical attention.  
10. **T**rue. Your body loses water while you are asleep.

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