Name:	Teacher:

The importance of water in the body

1. Four	ways	our	body	looses	water:
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- a. B_____ b. F____ c. S____
- d. U_____



2. Circle all the effects of dehydration



Dry mouth Wet nose Dark urine Black hair

Mood changes High Taste Low energy levels

Hunger Low blood pressure

High Blood pressure Unable to learn

Brain shrinks Happiness

