

Name: _____

Teacher: _____

The importance of water in the body

1. Four ways our body loses water:

- a. B _____
- b. F _____
- c. S _____
- d. U _____



2. Circle all the effects of dehydration



Dry mouth
Black hair

Wet nose

Dark urine

Mood changes

High Taste

Low energy levels

Hunger

Low blood pressure

High Blood pressure

Unable to learn

Brain shrinks

Happiness