	e questions by filling in a mind mo		
neadaches, drinks, 50, water,			4-13, temperature, sport,
warm, food, body, 60%, o	drinking, calories, teeth, 6	5-8, kids, water,	weight, waste products
Where we can get water from?	10. How long can people to survive v	without	1. What is hydration?
Vater is found in all and	water?	. 1 1	
also in	People can survive for up to d without food but only a d		Has enough amount of in a body.
	water.		6.000.00
What dehydration can do to our			2. What should kids drink?
dy? hydration can cause:	7	/	is the only fluid which BNF
tiredness,	+	→	recommend drinking as it hydrates
			without or risking
ack of concentration,			harm to
ack of concentration, educed performance	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		
ack of concentration, reduced performance	and of our of		harm to
ack of concentration, educed performance	CONTRACT OF		3. How much water should kids be drinking?
ack of concentration, educed performance			3. How much water should kids be drinking? It is advised that
ack of concentration, reduced performance dry How the water loss from our body? recially during times that can drive			3. How much water should kids be drinking? It is advised that aim to drink
low the water loss from our body? ecially during times that can drive their body losses, for			3. How much water should kids be drinking? It is advised that
ow the water loss from our body? ecially during times that can drive heir body losses, for mple when they are playing			3. How much water should kids be drinking? It is advised that aim to drink approximately
ack of concentration, educed performance Iry from the water loss from our body? ecially during times that can drive heir body losses, for mple when they are playing or during or during		4. Why kids sh	3. How much water should kids be drinking? It is advised that aim to drink approximately glasses of fluid a day.
ack of concentration, educed performance Iry from the water loss from our body? ecially during times that can drive heir body losses, for mple when they are playing or during or during	5. How much water is made up of		3. How much water should kids be drinking? It is advised that aim to drink approximately
ack of concentration, educed performance dry low the water loss from our body?	older children and adults body	Water helps or or lt carries	3. How much water should kids be drinking? It is advised that aim to drink approximately glasses of fluid a day. sould drink water? ur body in many ways: to cells;
low the water loss from our body? ecially during times that can drive their body losses, for mple when they are playing or during ther. 6. How much water is made up of our	older children and adults body weight?	Water helps of the carries the lps to the lp	3. How much water should kids be drinking? It is advised that aim to drink approximately glasses of fluid a day. and drink water? ar body in many ways: to cells; a remove
ook of concentration, educed performance ry ow the water loss from our body? ecially during times that can drive heir body losses, for mple when they are playing or during ther.	older children and adults body	Water helps of the carries the lps to the lp	3. How much water should kids be drinking? It is advised that aim to drink approximately glasses of fluid a day. sould drink water? ur body in many ways: to cells;