Name:_____ Date:_____

Class: Year 4A/B

**THINKING TIME!**

# Read the texts.

# Do research and answer the questions by filling in a mind map on **WATER** with the correct answers.

headaches, drinks, 50, water, nutrients, few , mental, 75%, fluid, skin, 4-13, temperature, sport, warm, food, body, 60%, drinking, calories, teeth, 6-8, kids, water, weight, waste products

**9. Where we can get water from?**

Water is found in all _____ and also in _____.

**10. How long can people to survive without water?**

People can survive for up to _____ days without food but only a _____ days without water.

**1. What is hydration?**

Has enough amount of _____ in a body.

**8. What dehydration can do to our body?**

Dehydration can cause:

~ tiredness,

~ _____,

~ lack of concentration,

~ reduced _____ performance and

~ dry _____.



**2. What should kids drink?**

_____ is the only fluid which BNF recommend drinking as it hydrates without _____ or risking harm to _____.

**3. How much water should kids be drinking?**

It is advised that _____ aged _____ aim to drink approximately _____ glasses of fluid a day.

**7. How the water loss from our body?**

Especially during times that can drive up their body _____ losses, for example when they are playing _____ or during _____ weather.

**4. Why kids should drink water?**

Water helps our body in many ways:

- It carries _____ to cells;
- It helps to remove _____. from our major organs;
- It helps us to control our body

**5. How much water is made up of older children and adults body weight?**

Water makes up about _____ of the body _____ of older children and adults.

**6.How much water is made up of our body weight?**

Water makes up about _____ of our _____weight.

LIVEWORKSHEETS

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