

Name: \_\_\_\_\_  
Class: Year 4A/B

Date: \_\_\_\_\_

### 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 \_\_\_\_\_.

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

Dehydration can cause:  
~ tiredness,  
~ \_\_\_\_\_,  
~ lack of concentration,  
~ reduced \_\_\_\_\_ performance and  
~ dry \_\_\_\_\_.

#### 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.

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

Water makes up about \_\_\_\_\_ of our \_\_\_\_\_ weight.

#### 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.

#### 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.

#### 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.



