

1 Choose the correct words to complete the sentences.

- 1 Our bodies need fluids to _____ properly.
a work **b** drink **c** water
- 2 If we don't _____ enough we could become dehydrated.
a sleep **b** eat **c** drink
- 3 Water helps our blood to carry _____ around the body.
a water **b** nutrients **c** calcium
- 4 We lose water when we _____ and sweat.
a eat **b** breathe **c** talk
- 5 You should drink at least six _____ of water every day.
a glasses **b** jugs **c** litres
- 6 In _____ weather you need to drink more water.
a colder **b** stormy **c** hotter
- 7 You also need to _____ your fluids when you exercise.
a ignore **b** decrease **c** replace
- 8 One of the first signs of _____ is feeling thirsty.
a dehydration **b** tiredness **c** happiness