

2 Read the text again. Complete the sentences.

A:fluid **B:**hydrated **C:**tired **D:**kidneys **E:**bottled water **F:**memory **G:**skin **H:**weight **I:**exercise

- 1** It's important to drink water if you're doing _____.
- 2** In one study, students who took _____ into exams got good grades.
- 3** When it's hot, you need to stay _____.
- 4** Your muscles need to have enough _____ intake to work well.
- 5** Your _____ get rid of harmful substances from your body.
- 6** If you are dehydrated, you may have problems with your _____.
- 7** You may also feel _____ if you don't drink enough water.
- 8** Drinking lots of water can help your _____ look clear and fresh.

3 Read the statements about the text. Which ones are true?

- 1** The author wants people to drink more water.
- 2** The author likes fizzy drinks.
- 3** The author has lots of ideas about why water is good for you.
- 4** The author says that being dehydrated has health risks.