

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.