

Some doctors think that you should drink a glass of water each morning. You should drink this water first thing, before doing anything else. The temperature of the water should be similar to body temperature; neither too hot nor too cold.

Why should you drink this water? Water helps your body in many ways. It helps clean out your **kidneys**. It prepares your stomach for **digestion**. Water can also help your intestines work better. After drinking water, the intestines can more easily **take out** nutrients from our food. Water also helps us go to the bathroom more easily.

Scientists suggest that people take in 1,600 **milliliters** of water each day. But

- 0 don't drink all of that water in one sitting. If you do, your kidneys will have to work much harder to eliminate it. It's better to drink some in the morning and some in the afternoon. Some people think it's better to drink between meals and not during meals. They think water **dilutes** the juices produced in our stomachs. This can interfere with normal digestion.

- Are you drinking enough water every day? Check the color of your **urine**. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you 0 probably need to drink more water. A little more water each day could make you much healthier!



Choose the best answer.

1. What could be another title for this reading?

- a. "Drink Water, Not Soft Drinks"
- b. "Drink During Meals"
- c. "Drink Between Meals"
- d. "Drink Enough Water"

2. Why is it helpful to drink water in the morning?

- a. Your kidneys will work harder.
- b. Your intestines will work well.
- c. Your juices will be diluted.
- d. Your urine will be pale yellow.

3. Which of the following is NOT a reason to drink water?

- a. So your intestines will work well
- b. To get more nutrients
- c. To clean out your kidneys
- d. To dilute your stomach juices

4. Why is it better to drink between meals?

- a. So you eat enough food
- b. So you don't dilute stomach juices
- c. So your urine will not smell bad
- d. So you don't overwork your kidneys

5. Why is dark-colored urine a sign to drink more water?

- a. It shows our body is healthy.
- b. It means our kidneys are working too hard.
- c. Less water makes the color darker.
- d. It is the same color as our digestive juices.