

## Lessons 8–9 **Staying hydrated**

**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