

EXERCISE5

Read the second and third paragraphs of the text. Then choose the correct options to answer the questions.

The human body is approximately 75% water – and this water has several important functions, including keeping the body at the right temperature. If a person doesn't drink water, it will take only two or three days for them to become dehydrated, and their body temperature may either drop or rise to dangerous levels. Often it is the case that hikers or campers who are lost in the wild don't start thinking about how they can find a new source of water until they run out of it, by which time it may be too late. They haven't thought about the consequences of dehydration, and neither do they recognise the warning signs. An ache in the kidneys, a headache, general confusion – all of these can tell someone that they are in need of water.

The average person loses 2–3 litres of water every day just through normal activities such as breathing. It's impossible to avoid losing water from the body, but there are ways to slow it down. For example, when it may be necessary to build a shelter in the wild to sleep in, this should be carried out in the shade rather than in full sun. This reduces the amount of sweat which is produced when body temperature rises, which is, of course, water leaving the body. Some people may find it surprising that eating may increase chances of dehydration, but digestion *does* require water, so eating should be avoided if water is short. Hiking at night when the temperature drops is also an option, but only if hikers have a good torch or there is a full moon.

1. In the second paragraph, the writer makes the point that
 - A the speed at which dehydration occurs in people depends on the environment.
 - B people use all the water they have and only then start thinking how to get more.
 - C most people know when they are beginning to suffer from dehydration.
 - D people should find out where water is located before they go hiking.

1. What recommendation does the writer make for reducing water loss?
 - A It's never a good idea to travel after the sun has gone down.
 - B It's best to consume food in small amounts and regularly.
 - C Hikers should not waste their time making a basic place to stay in.

- D It's a good idea to keep cool while doing any activity.