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.