

Staying Hydrated: Part Two

Reading

1 Read the text. Why is water useful for students?

1 Do you have any idea how important water is for us? We need water to make our body and our brain work properly. Our brain is mostly made of water, and we need to drink plenty of it to help us think and focus to our best ability. If we are dehydrated, our brain doesn't function as well as it should, leading to problems with memory and performance. Studies have even shown that students who took bottled water into examinations ended up with better grades!

2 Drinking water helps our body to get rid of things we don't need, which makes sure we stay healthy. When we drink enough water, our kidneys work well, which stops the build-up of harmful substances in our body.

3 Water is good for our appearance, too. It keeps the skin clear and fresh, and can help to keep it looking young.

What's more, it's free! Fizzy drinks are expensive and they contain lots of sugar. Sugar is bad for our teeth and it has other side effects, such as increasing the risk of diabetes and causing weight gain.

4 In fact, if we want to lose weight, drinking water is an easy way to help with this. Drinking water before and during a meal helps us to feel full — so we eat less! Water also helps us to digest food, so it's a good idea to drink it with a meal.

5 If the weather is hot, or if we do lots of exercise, we sweat, which means our body loses water. This is why it's important to stay hydrated, to replace what we lose. Muscles without enough fluid intake get tired more quickly and they don't perform as well as they should.

6 If we don't drink enough water, our body will start to show signs of dehydration: we might get headaches, feel tired and perhaps forgetful; we may get a dry mouth, dry skin and dry eyes; we may even suffer from aches and pains. Drinking lots of water will prevent this.

7 In short, drinking water is an easy and free way to feel lots of health benefits. Do you know if you are drinking enough?



2 Read the text again. Complete the sentences.

fluid hydrated tired kidneys bottled water memory skin weight 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? How do you know?

- 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.

WORKBOOK ACTIVITY – WRITING NOTES

Put the information into the correct boxes. Use the reading text above and the table below to help you.

Lessons 5–6 Stay hydrated

1 Read these headings. Make notes on the benefits of water under each one.

Brain
Skin
Teeth
Weight
General health

Benefits of drinking water on different parts of the body

Complete the table. Adapted from Activity 1, Page 20 workbook

- a. In general, water stops headaches, dizziness, aches, pains and cleans the body of toxins. السُّوْمُ
- b. Drinking water helps this body part feel full after eating so you stay slim.
- c. Water helps this organ look young, clear and fresh.
- d. This organ is made mostly of water. Drinking water helps your memory. Helps you to focus.
- e. Drinking water is good because sugary drinks are not good for this body part