

5 HYDRATE
OFTEN



Drink Enough Water throughout the Day

1. Tick the correct option -

a. Why is drinking enough water important?

- It only quenches thirst
- It helps maintain fluid balance and supports digestion
- It increases sugar levels in the body
- It reduces the need for eating fruits and vegetables

b. What can be a result of not drinking enough water?

- Improved focus and high energy
- Dry skin, dizziness, and difficulty concentrating
- Stronger immunity and faster recovery
- Better sleep and mood

2. Pick the ones that you will choose to stay cool, fresh, and hydrated-

Coconut Water

Packaged Juices

Rooh Afza

Lemon Water

Coconut Water

Flavoured Milk

Soda

Infused water with mint/cucumber

3. Fill in the blanks-

- Fruits and vegetables like cucumber and watermelon have more than _____ % water.
- Drinking enough water helps your brain and _____ work well.
- We must drink more water when we play or when the weather is very _____.
- By the time we feel thirsty, we are already _____.