



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-

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