



HYDRATION

Why is it important to drink water?

Do you ever get thirsty during the day or after recess? That's your body telling you that you need more water! But why do you need to drink so much water all the time? Why is water so important? Did you know that all living things need water? And get this, more than half of your whole body is made of water!

1/2



Water does a lot of things, for example, it helps your body stay just the right temperature. It also helps you to swallow your food and bring all the healthy parts called nutrients all over your body.

When water is done doing its job, it leaves your body in a few ways, when you go to the bathroom, when you sweat, and when you breathe. You need to put that back in your body by drinking water.



Did you know?

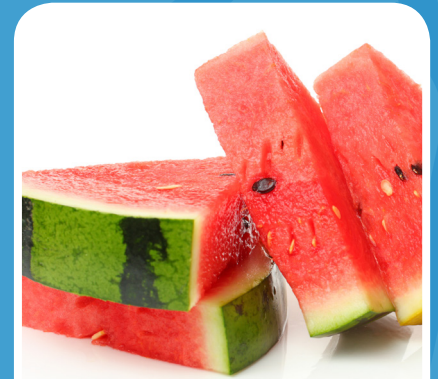
YOU CAN ALSO GET WATER BY EATING FRUITS & VEGETABLES LIKE :



APPLES



CUCUMBERS



WATERMELON

But remember drinks WITHOUT SUGAR are the healthiest. So drinks like juice, sports drinks, and soda are sometimes drinks where water is an all the time drink.