

Name: _____

Date: _____

Importance of Drinking Water

Q K G M N C W R Q N E S E S S A L G T H G I E U
B I R J I O O L K X D L T F K E Z A S Y K R B D
G V K X H A F L J S I X A B E M A D Y W W I Q M
J P A D I G E S T I O N D B E U Z D E B T X Q B
C D N L P S P O L T H E B S M Q K X N D G B U O
I H M S D J D T Z X Y P Q P N U L J D H M S Y T
Q N D A C L A U J A D E L G N I K N I R D D Q T
V Q I S W N J A T D R P A T B C W T K N I H I L
M L L A Q G R B Z V A K Q O V E R S I Y Q X E E
Y T Z U H D O O L B T J R W A W X R G Y P Y K D
L B F W U Y V C L E I T A E A L J I T H E C I K
V F L U S H O U T M O R H E L T V H S S R N M L
A A C G K E V L Q U N A Z E G J E T O T P O X R
P C B C K R X O D A T E W E R E S R O X D H N Z
Y R C F Z O G S N I M H N G N T O X I N S E V P
K Y N A E B D E F V J D F V O B A G O M X T L B
Y X O W W H J W G A H Z L D G R O L V O M A Y Y
V T D X P T D E O R K B Y U Z T I N A C H U D T
V I B N P U R I W U J W B P L V Y E E F P Q I Q
I J X S S S D G S W M V B R E V L O O S T E O L
J O Z G G M M H H C C K R R S E L C S U M D R F
W V N L E E C T F J Q E A D B E H K Y C Y A Y M
A U Q W F Q D Y E M T H I A R K P X H O D Z H G
L I Q B H A V E H Y R R N P L H V W O D X A T V

eight glasses
hydration
bottled
toxins
water
brain

lose weight
drinking
muscles
heart
daily
eyes

flush out
adequate
kidneys
liver
blood

digestion
thyroid
thirst
bones
lungs