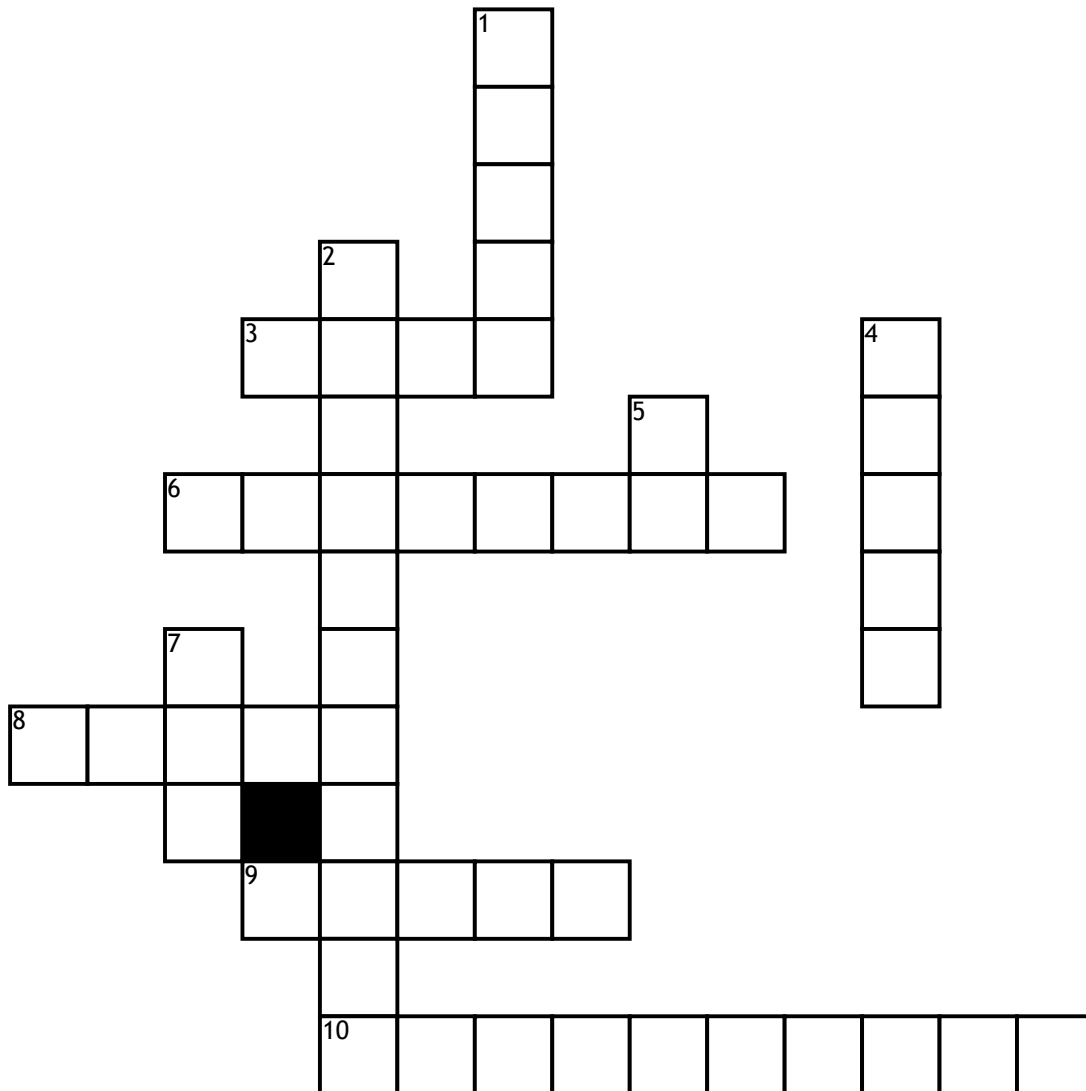


Name: _____

Date: _____

hydration!



Across

3. how many glasses of water should we drink a day? (minimum)
6. what green vegetable has a lot of water in?
8. when we exercise and get hot, how does our body try to cool us down?
9. what do we need to drink to stay hydrated?
10. what living things need water to survive?

Down

1. drinks that have alot of _____ , are bad for us.
2. drinking water helps me to _____ in lessons
4. if i don't drink enough water during the day, it can make me feel _____.
5. what school lesson do we need to drink more water for?
7. what is 1 way our bodies lose fluids