



### Hydration Awareness Quiz

1. How much of your body is made up of water?
  - >65%
  - 40%
  - 15%
  
2. Which of the following can your body use to meet fluid needs?
  - Juice
  - Coffee
  - Lettuce
  - All of the above
  
3. How many glasses of water should you drink each day for good health?
  - 1 – 2
  - 3 – 6
  - 6 – 8
  
4. You can tell you are well hydrated when your urine is:
  - pale yellow/ clear
  - deep amber coloured
  - strong in odour
  
5. How long can we live without water?
  - About a week
  - About a month
  - About a year
  
6. Which of these is a sign of dehydration?
  - Headache
  - Irritability
  - Tiredness
  - All of the above
  
7. How should you drink your daily intake?
  - All at once
  - Little sips regularly
  - Big mouthfuls
  
8. How much water does simply breathing in and out use up each day?
  - A pint
  - A glass
  - A gallon