



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