

Name _____



UNSCRAMBLE

Unscramble these foods that are good sources of water.

telcute _____

aunt _____

spata _____

nagore ceiju _____

gruyot _____



LIFT-OFF!
SAYS

Separate the words

Drink at least eight glasses of water each day.



WATER WISE

Fill in the missing vowels and find out how water helps your body.

K _ _ _ ps y _ _ _ c _ _ _ l.

H _ _ lps d _ _ g _ _ st f _ _ _ d

C _ _ rr _ _ _ s n _ _ tr _ _ _ nts t _ _ c _ _ lls

WATER WORD

SEARCH

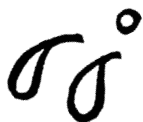
Find and circle these words in the puzzle. They are hidden in all directions.

more drink dehydration cool plenty water nutrient quench eight thirst everyday play body sip cell

DRINK UP!

List 8 times that you drink water each day.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____



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