

Name _____

WATER FUN



**The power of water, something to know,
A nutrient you need to live and grow.**

**Water makes up more than half of your weight,
You can't live without it, there's no debate.**

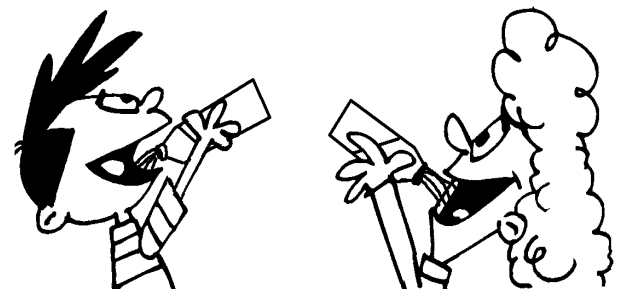


**You always need more water than you think,
And, plain water should be your "first choice" drink.**

**You also get water from foods you eat,
Like veggies, fruits, yogurt, cheese, and some meats!**

**Water moves nutrients to every cell,
Helps digest food and keeps you cool, as well.**

**You don't store the water you drink it's true,
But when do you need it, what is your clue?**



**You might be thirsty, tired and weak, too
It's called dehydration, what should you do?**

**Make sure you drink water
all through the day,
Before, during
and then after you play.**



**SCHOOL STAR Servings
Drink at least
eight glasses
of water each day**



**Drink lots of water, everyone agrees,
And, best of all, it has NO calories!**