



Activity # 11 Beverages-True or False?



Test Your Beverage Group IQ

Directions: Answer the questions below. Write (T) for true and (F) for false.

1. _____. You need 8 glasses of water every day.
2. _____. Sodas contain simple sugars and water.
3. _____. Water is needed to keep your body from getting too hot.
4. _____. Only babies need to drink a lot of milk every day.
5. _____. The best beverages to consume are water and milk.
6. _____. When the body doesn't have enough water, this is called being hydrated.
7. _____. Your body needs extra water when you eat salty foods.
8. _____. 100% fruit juices are not good for you.
9. _____. Your body losses water through sweat, tears, urine, and breathing.
10. _____. Being hydrated can slow you down and make you feel sick.
11. _____. The body does not need water to survive.
12. _____. Both humans and trees need water and food (glucose) to survive.



List 4 times you need to drink more water than normal

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.





Activity # 11 Beverages- True or False? Answer Key



Test Your Beverage Group IQ

Directions: Answer the questions below. Write (T) for true and (F) for false.

1. T . You need 8 glasses of water every day.
2. T . Sodas contain simple sugars and water.
3. T . Water is needed to keep your body from getting too hot.
4. F . Only babies need to drink a lot of milk every day.
5. T . The best beverages to consume are water and milk.
6. F . When the body doesn't have enough water, this is called being hydrated.
7. T . Your body needs extra water when you eat salty foods.
8. F . 100% fruit juices are not good for you.
9. T . Your body losses water through sweat, tears, urine, and breathing.
10. F . Being hydrated can slow you down and make you feel sick.
11. F . The body does not need water to survive.
12. T . Both humans and trees need water and food (glucose) to survive.



List 4 times you need to drink more water than normal

1. When you play outside
2. When it is hot or humid outside
3. When you eat salty foods
4. After you wake up from a nap or in the morning
5. When you have been exercising

