



## Take Home # 11 More Water

### Parent's Corner

#### Quick Nutrition Messages

- **Light yellow or pale colored urine**- the body is well hydrated and is getting rid of excess water.
- **Dark yellow colored urine**- the body is dehydrated and is holding on to water, so it's probably time to drink up.

You can help your body and your child's body by drinking water when you're thirsty and drinking extra water when it's warm out. Your body will be able to do all of its wonderful, water-full jobs, and you will feel great!

### Kidz Corner

**Directions:** Fill out the questions below. The material you learned in *Fit4Kidz* nutrition class should help you answer these questions.

**Rank the drinks according to what is healthier for you:**

<b>Fruit Smoothie</b> 	<b>Water</b> 
<b>Milk</b> 	<b>Orange Juice</b> 
<b>100% Juice</b> 	<b>Soda</b> 

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.
6. \_\_\_\_\_.

**Tip: Choose water and milk instead of sugar-sweetened beverages.**