



Take Home # 11 More Water

Directions: With the help of your parents; fill out the questions below. The material you learned in *Fit4Kidz* nutrition class should help you answer these questions.

List 5 times you need to drink more water than normal:

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

Rank the drinks according to what is healthier for you:



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

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