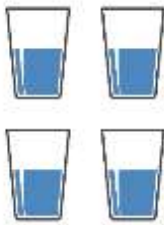


WEEK 1 WORKSHEET: WATER

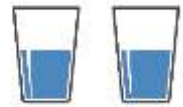
Circle how many cups of water we should drink everyday:



4 cups



7 cups



2 cups

Circle what makes our body lose water throughout the day:



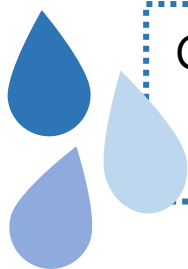
Talking



Dancing



Sweating



Color in how much of our body is made of water:

