

Hydration is Important Worksheet

Grade 5

Name: _____



Why is water important in my body?

I need to drink about _____ - _____ cups of fluid per day.

How do I know if I have had enough to drink?

What happens if I don't drink enough fluids?

When may I need to drink more fluids?

What are some nutritious drink options other than water?

Calculate the total cups of fluid in the example below.

1 cup = 250 mL



250 mL



250 mL



250 mL



500 mL