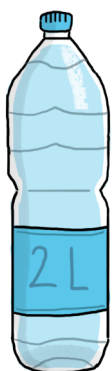


HYDRATION WORDSEARCH

Below is a wordsearch with 10 of the top words to do with Hydration.

Why not grab yourself a glass of Water and see if you can complete the wordsearch!

D	N	I	O	I	H	E	A	L	T	H	Y	T	N
Y	U	A	I	C	A	I	X	C	H	D	O	T	A
E	H	T	E	T	A	E	R	U	N	C	S	K	D
I	Y	E	R	H	R	T	S	P	U	E	O	S	I
E	N	T	A	I	F	S	Y	S	T	R	I	P	F
A	T	U	S	D	E	S	I	C	R	E	X	E	C
T	F	E	T	R	A	O	E	L	I	U	O	K	D
E	L	T	I	I	I	C	E	R	T	I	I	D	R
D	U	S	T	W	C	H	H	I	I	P	I	E	I
T	I	I	D	A	N	I	T	E	O	S	N	P	N
E	D	Y	N	T	E	G	E	O	N	A	R	R	K
I	S	I	I	E	T	T	A	O	N	E	R	N	I
N	H	Y	D	R	A	T	I	O	N	N	R	L	N
H	I	N	R	E	N	R	N	R	N	I	E	Y	G



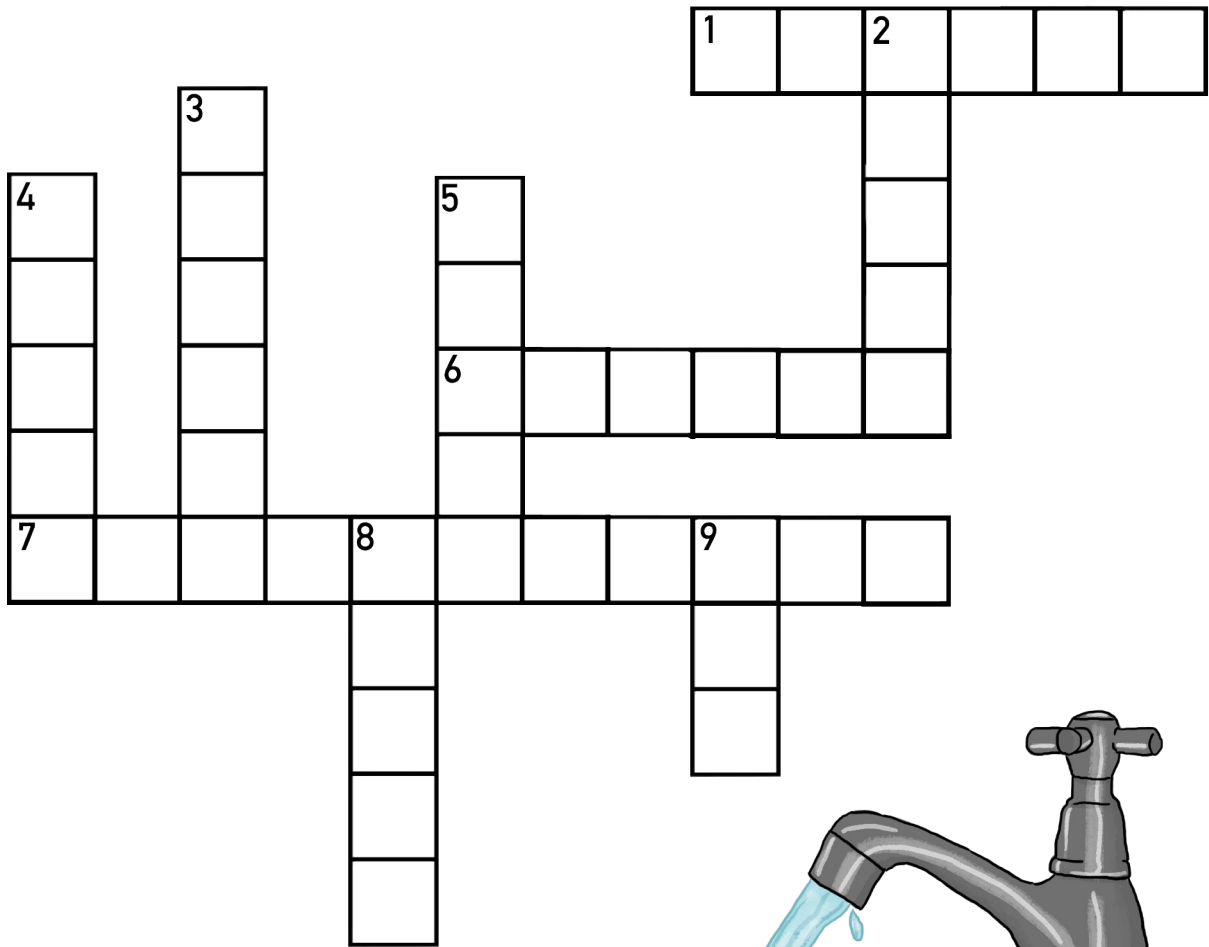
Headache
Thirst
Exercise
Water
Cups

Drinking
Hydration
Healthy
Fluids
Nutrition



HYDRATION CROSSWORD

Read the clues below to discover the words in this crossword.



Across:

- 2. A food grown with a large water content
- 3. Something you can add to water to help it taste nice
- 4. Water helps carry nutrients and oxygen through this
- 5. You should drink 6-8 glasses of this a day
- 8. Taking a fluid by mouth

Down:

- 1. Adults like to drink this usually first thing in the morning
- 6. The feeling of wanting a drink
- 7. A state in which your body needs more fluids

HYDRATION WORDSEARCH & CROSSWORD

ANSWER SHEET

D	N	I	O	I	H	E	A	L	T	H	Y	T	N
Y	U	A	I	C	A	I	X	C	H	D	O	T	A
E	H	T	E	T	A	E	R	U	N	C	S	K	D
I	Y	E	R	H	R	T	S	P	U	E	O	S	I
E	N	T	A	I	F	S	Y	S	T	R	I	P	F
A	T	U	S	D	E	S	I	C	R	E	X	E	C
T	F	E	T	R	A	O	E	L	I	U	O	K	D
E	L	T	I	I	I	C	E	R	T	I	I	D	R
D	U	S	T	W	C	H	H	I	I	P	I	E	I
T	I	I	D	A	N	I	T	E	O	S	N	P	N
E	D	Y	N	T	E	G	E	O	N	A	R	R	K
I	S	I	I	E	T	T	A	O	N	E	R	N	I
N	H	Y	D	R	A	T	I	O	N	N	R	L	N
H	I	N	R	E	N	R	N	R	N	I	E	Y	G

Across:

- 2. A food grown with a large water content
FRUIT
- 3. Something you can add to water to help it taste nice
SQUASH
- 4. Water helps carry nutrients and oxygen through this
BLOOD
- 5. You should drink 6-8 glasses of this a day
WATER
- 8. Taking a fluid by mouth
DRINK
- 9. This helps keep your drinks nice and cold
ICE

Down:

- 1. Adults like to drink this usually first thing in the morning
COFFEE
- 6. The feeling of wanting a drink
THIRST
- 7. A state in which your body needs more fluids
DEHYDRATION