**Hydration Awareness Quiz**

**Water is a basic nutrient of the human body and is critical for human life**

1. **How many glasses of water should you drink each day for good health?**

1-2 3-4 6-8

1. **How much of your body is water?**

70% 80% 20%

1. **You can live without food for about one month but how long can you live without water?** (Ghandi survived a starvation fast for 21 days – variance but some end of life research has suggested about a week)

About 3 weeks about one week about 3 days

1. **For 1p how many glasses of fresh drinking water can you get directly from the tap?**

Bottled water costs on average 500 times more than tap water, the equivalent of paying £1,500 for a pint of beer or glass of wine.

1 glass 10 glasses 50 glasses (a bucket of water Thames Water)

1. **How should you drink your daily water?**

All at once little sips regularly big mouthfuls

1. **How much water does breathing in and out use in a day?**

1 pint 1 egg cup full a bath full

1. **Which of the following are signs of dehydration?**

Headache irritability tiredness

1. **We get some water from our food and drink, but which one of the following should we not get our water intake?**

Decaffeinated tea fruit juice alcohol weak squash

1. **What is the ideal colour for urine to be if you are well hydrated?**

Light brown dark yellow pale yellow and clear

1. **True or false? Drinking plenty of fluids can help prevent constipation?**

True False