

THE ACE SHOW



Name: _____

Grade/Class: _____

EPISODE 3:

HEALTHY HYDRATION

Hey, kids! Thirsty for knowledge? Today we talked about the importance of staying **HYDRATED** and giving your body the water it needs to function at its best! **WATER** you waiting for? Let's see what you learned!

Can you think of **TWO** ways water helps our body's systems?

Example: Water is great for keeping our joints healthy.

Name a time when you might want to drink **EXTRA** water.

Example: After running around at recess, you'll want to hydrate!

What are places or activities where you might take water with you?

Hint: Is there a sports event or practice you attend each week?



Ace is reaching for his water — time to hydrate! Help him out by drawing and coloring a cool design on his water bottle!

DID YOU KNOW?

Believe it or not, your body is about 70% water — unless you're a baby. Babies' bodies are **80% water!**

HYDRATION CROSSWORD

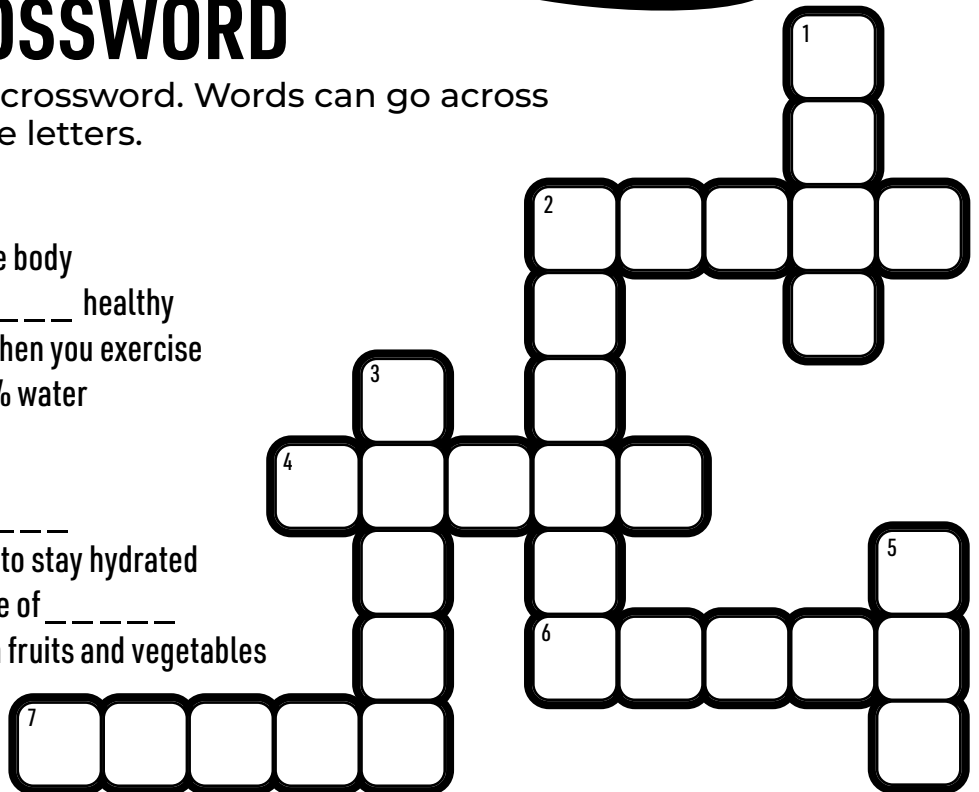
Use these clues to fill in the crossword. Words can go across or down, and they may share letters.

ACROSS

- 2. Water moves _____ through the body
- 4. Water keeps joints, bones, and _____ healthy
- 6. Your body needs _____ water when you exercise
- 7. Water _____ is a fruit that is 92% water

DOWN

- 1. Water improves our memory and _____
- 2. Carry a water _____ with you to stay hydrated
- 3. You can flavor water by adding a slice of _____
- 5. You can _____ water that is found in fruits and vegetables



ACROSS: 2. Blood, 4. Teeth, 6. Extra, 7. Melon
DOWN: 1. Mood, 2. Bottle, 3. Lemon, 5. Eat