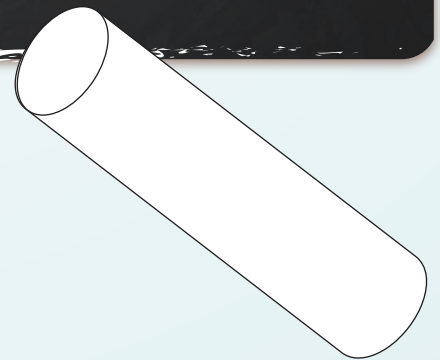
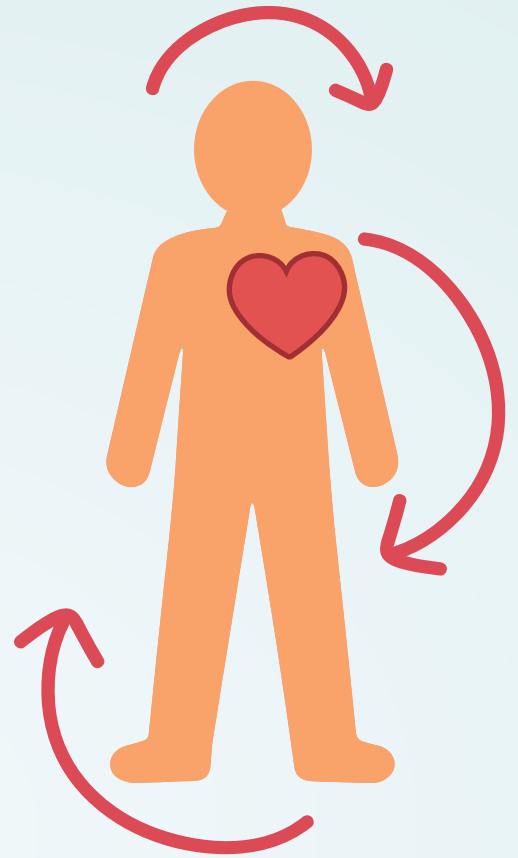


# Importance of Fluid

How many different drinkable fluids can you think of?

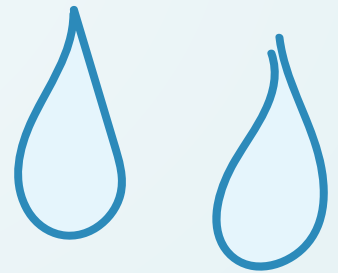
As a class make a list!



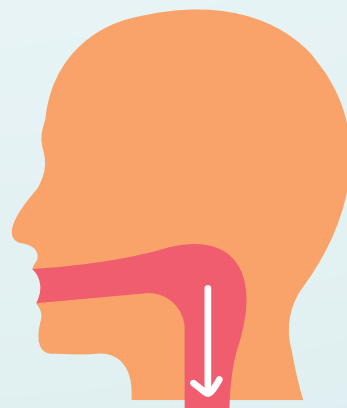


- To pump blood all around our bodies

- To produce sweat



- To help us to swallow our food

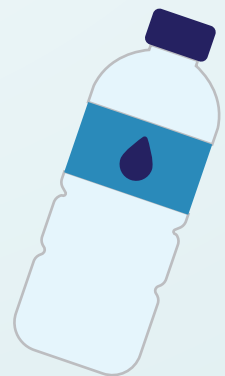
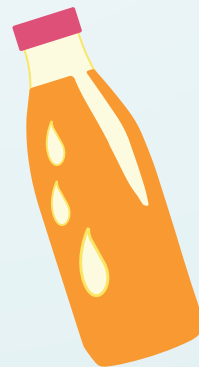


How much  
fluids do  
we need  
a day?

8 disposable cups a day!



Different types of fluids:



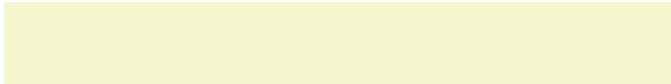
How do I know if I have drank enough?

1

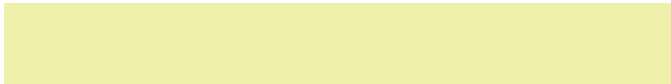


1-2 Hydrated

2



3



3-4 Mildly Dehydrated

4



5



5-6 Dehydrated

6



7



7-8 Very Dehydrated

8

