



Passport to Nutrition: Hydrate Well



Name: _____

Answer these questions as you go through the educational exhibit to reinforce your learning.

Exhibit 1: Why Drinking Water Is Important

Name the variables that determine the amount of water needed on a daily basis:

Exhibit 2: Healthy Flavored Waters

List a water combination that you would like to try:

Exhibit 3: The Truth About Juice

Drinking fruit juice provides the same amount of sugar, calories and fiber as eating whole fruit.

True or False

Exhibit 4: Soda: Sugar Sweetened

Sugar is considered an addictive substance.

True or False

Exhibit 5: The Myth About Diet Soda

List 2 potential consequences of drinking diet soda every day:

Exhibit 6: Sports Beverages

Water alone will not adequately hydrate your body when exercising moderately.

True or False

Exhibit 7: Healthy Drinks That Give You Energy

Unsweetened milks are a good source of _____ and _____ which helps build strong bones.

Unsweetened herbal teas contain _____ which protects against heart disease and cancer.

Exhibit 8: Drinks To Consume In Moderation

Daily consumption of 2 alcoholic beverages is within the recommended guidelines for alcohol consumption for a 50-year old woman.

True or False

Exhibit 9: Choose Your Beverages Wisely

List the drinks on this chart that you would like to consume more often:
