

Do You Drink Enough Water?

Color in the body below the blue line to show how much is water.

Kids need to drink at least 4 glasses of water a day.

Drink water and milk and eat fruits, vegetables, and soup. Snow cones and popsicles help on hot days!

Your body is 60% water!

You need to drink enough to keep it that way!

If you don't drink enough water, you can feel tired, cranky, stressed, or even hungry.

Stay away from sugar-sweetened drinks. They have lots of calories. Drink water instead.

Make water fun by adding lemon or berries.

