

# QUIZ PUZZLE!

- 1 What percentage of our bodies is made up of water?
- 2 To help keep our bodies hydrated we should try to drink how much per day?
- 3 What natural chemical is added to our drinking water to help keep our teeth from decaying?
- 4 Does dehydration make your urine lighter or darker?
- 5 What percentage of our brains is made up of water?

Did you know that the average price of **1 litre** of prepackaged bottled water is equivalent to **6,000 glasses** from your tap?!

Reduce your impact!  
Choose Tap!

## DOT TO DOT!

