

**1. Read the text and answer the questions below.**

a) How much water should a person drink every day? Why?

..... \*

b) How does water help our body function?

..... \*

c) What happens if you don't replace the water when you sweat?

..... \*

d) What does severe dehydration result in?

..... \*

e) How much water do you drink a day? Have you ever been dehydrated? How did you feel?

..... \*

**2. Match the words in bold with their definitions.**

a) ..... the liquid that comes out of your body when you go to the toilet

b) ..... to mix with a liquid and become part of the liquid

c) ..... the liquid produced in your mouth that keeps your mouth moist and makes it easier to swallow food