# MYDRATDON MATVOMO <br> 6 <br> BRISTOL WATER <br> <br> Beetle juice! 

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Hi, my name is Hydro Harry and if you want to be as healthy as me, you need to stay hydrated. Find out how many litres of water you should try to drink each day

litres per day, which is up to 10 glasses

Around $60 \%$ of a human's body is water, but jellyfish are almost 90\% water!

They may live in one of the driest habitats in the world but the clever little Namid Desert beetle has devised a way to stay hydrated. It collects droplets of moisture on its bumpy body which roll down into its mouth!

litres per day almost as much as a full bath tub!

litres per day - they get the moisture they need from their


Kangaroo rat


## Feeling thirsty?

We know our body needs water to function properly but you don't have to just drink it. In fact, around one-fifth of our water intake comes from the food we eat. For example, lettuce is made up of $95 \%$ water, as are tomatoes, cucumber is $96 \%$ water and mushrooms are $92 \%$.

Fancy something sweet? Watermelons are 96\% water, oranges are $90 \%$ and apples contain $85 \%$ water. While fizzy drinks might seem irresistible on a hot day, they can contain up to 12 teaspoons of sugar and caffeine - a diuretic which makes your body lose water as wee.


Can you think of any other examples?

Most children need to drink one to two litres of water a day to stay healthy (that's between five and 10 glasses). Use this chart to record how many glasses you drink each day.
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