MYDRATION WATION!



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

Beetle juice!

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!



We know our body needs water to function properly but **Watermelons** are 96% vou 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?

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.





as a full bath tub!



Can you think of any other examples?



litres per day, which is up to 10 glasses



Cows

WATER DRINKING CONTEST

litres per day – they get the moisture they need from their diet of seeds



Kangaroo rat

Most children need to drink one to two litres of water a day to stay healthy (that's between five and 10 alasses).





Monday	0	0	0	0	0	0	O	0	0	0
Tuesday	0	0	0	0	0	0	0	0	0	0
Wednesday	0	0	0	0	0	0	O	0	0	0
Thursday	0	O	O	O	O	O	O	O	0	0
Friday	0	0	0	0	0	0	0	0	0	0
Saturday	0	0	0	0	0	0	O	0	0	0
Sunday	9	7	9	9	9	9	9	9	9	9



Humans

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