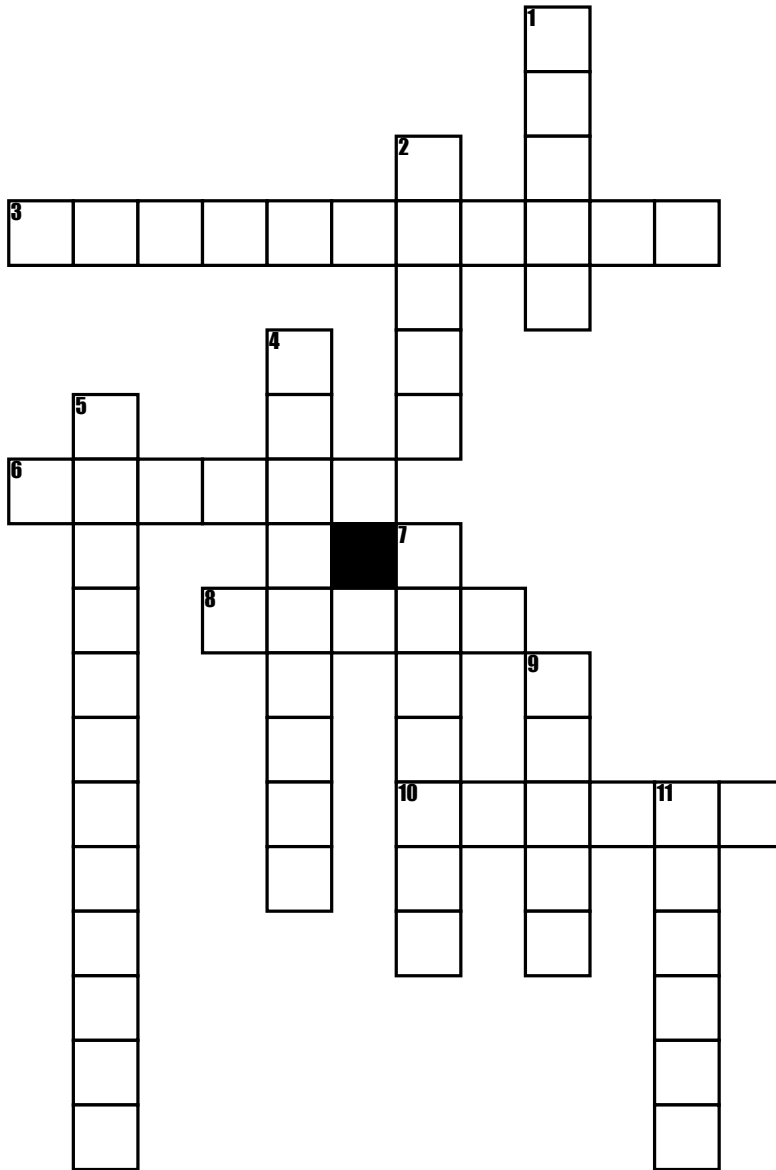


Happy Hydration



Across

3. A state in which your body needs more fluids

6. Water, tea, and juice are examples of

8. You should drink 8 glasses of this daily

10. The feeling of wanting water

Down

1. A food group with a large water content

2. Joy

4. A state in which your body has adequate fluids

5. Potassium and sodium are examples of

7. Eating a nutritious diet and drinking plenty of fluids will help you stay

9. Taking fluids in by mouth

11. Salt