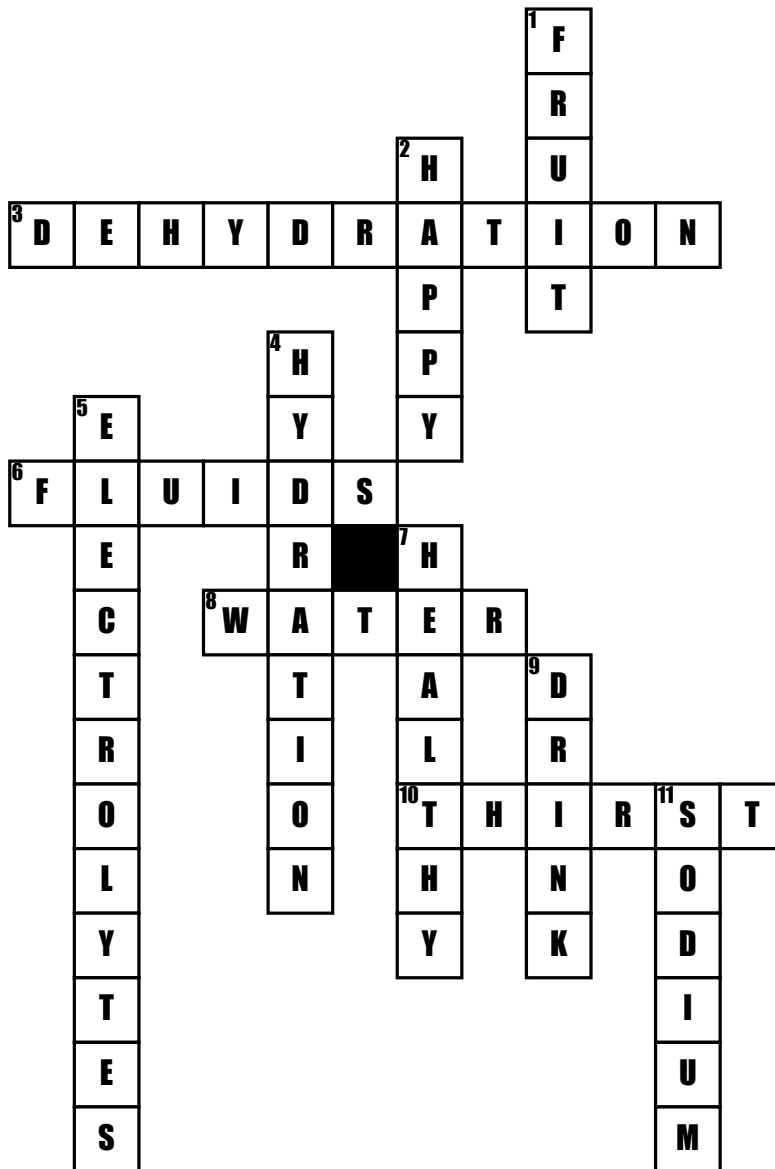


Happy Hydration



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