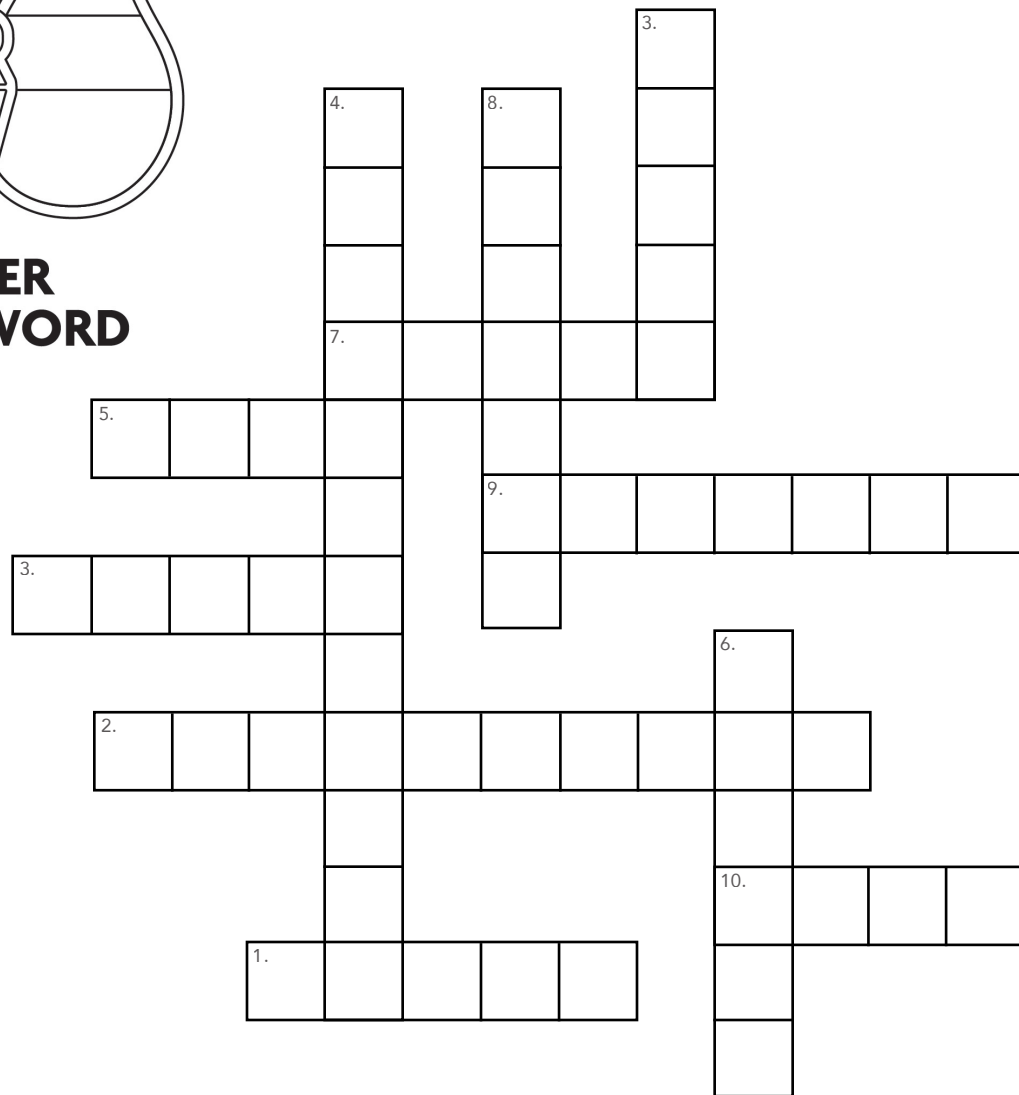
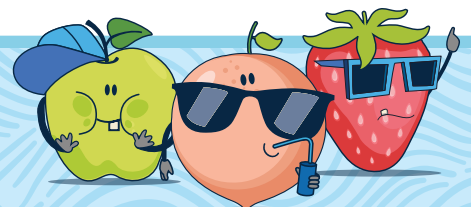
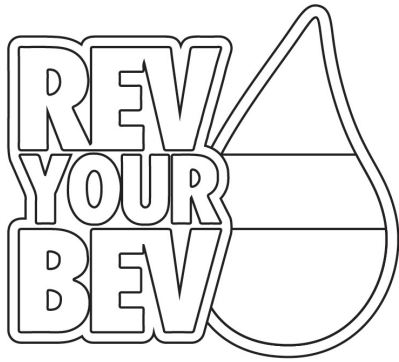


WATER CROSSWORD

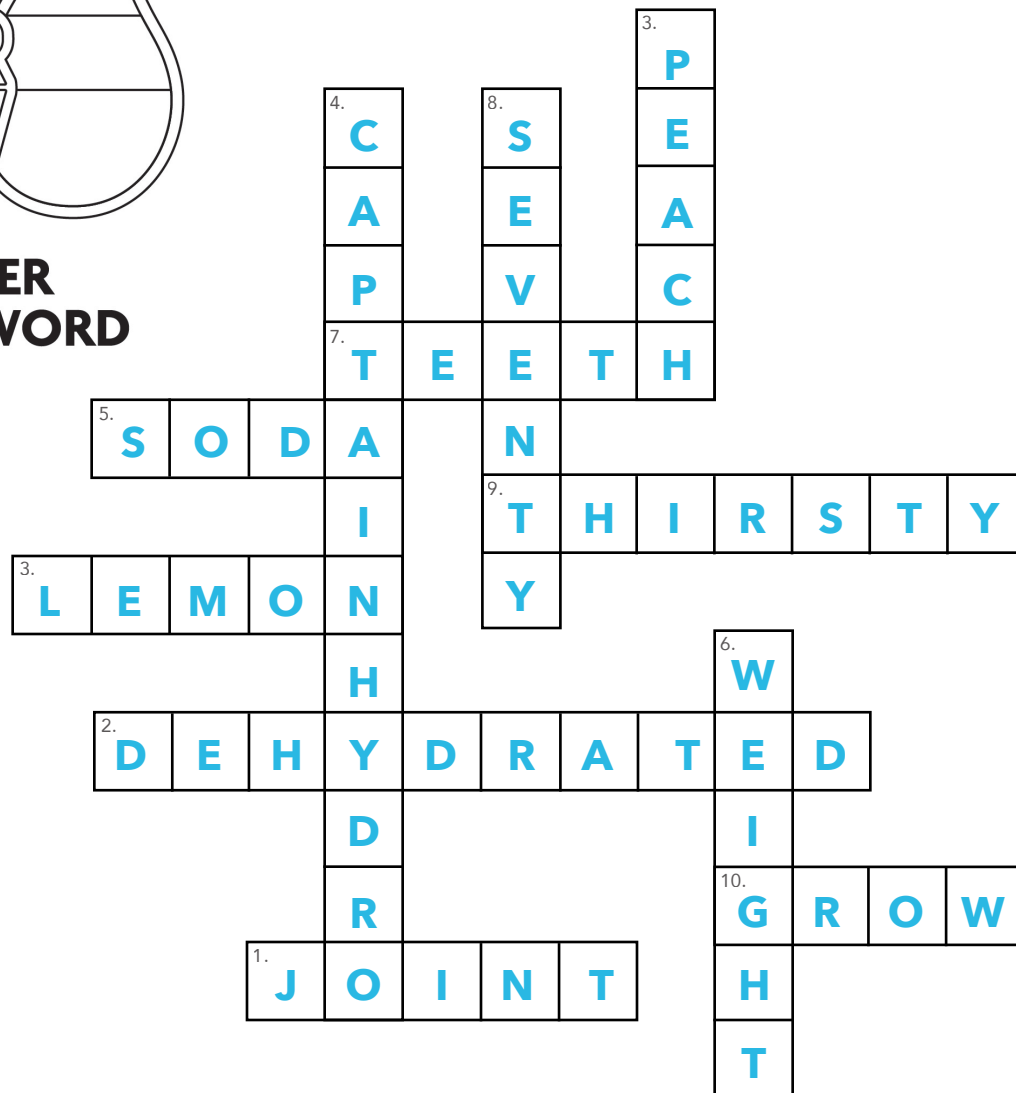


1. Water helps cushion these so you stay flexible.
2. If you feel tired, slow, or irritable, you might be this.
3. A tasty fruit to add to water.
4. In the book *Water All Day Long*, who drinks water throughout the day?
5. The number one source of added sugar and calories in Americans' diets.
6. This number, divided by two, a good way to determine the amount of water in ounces you should drink each day.
7. Water protects these from getting cavities.
8. Up to _____ percent of your body is made up of water.
9. This is a sign you may need to drink more water.
10. Water helps you _____ just like a seed.





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