

True

False

**A. Water is the best fluid to drink  
for good health.**

**B. The colour of your wee can show you if you have drunk enough water.**

**C. Your body is 10% water!**

**D. You can drink the tap water in most countries around the world.**

**E. You can actually get all the water  
you need from food.**

**F. In Australia, tap water is the best choice to stay hydrated.**



**G. Our brains don't work properly  
when we get dehydrated.**

**H. Water helps us sweat,  
which cools us down.**

**I. You can last 10 days without water.**

**J. Tap water is great, but Coca Cola is  
cheaper per litre.**