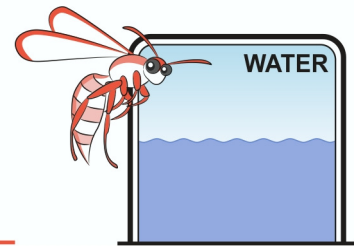


Water For Humans – Student Quiz



Please circle the answer you think might be correct.

Water and my body

What percentage of the human body is water?

- a. 20%
- b. 40%
- c. 60%
- d. 80%

How much water should you drink every day?

- a) About 0.5 litres
- b) About 1.5 litres
- c) About 2.0 litres
- d) About 3.5 litres

If you don't drink water you will suffer from:

- a) Dehydration
- b) Diarrhoea
- c) Dysentery
- d) Distemper



If you enjoy a short period of intense exercise, how much water should you drink to replace water loss from sweating?

- a) 1 cup
- b) 2 cups
- c) 3 cups
- d) 4 cups

If you have enjoyed sport and are feeling thirsty, what is best to drink to replace lost sweat?

- a) Water
- b) Milk
- c) Sports drink
- d) Cordial

How much of our bodies water needs come from eating food?

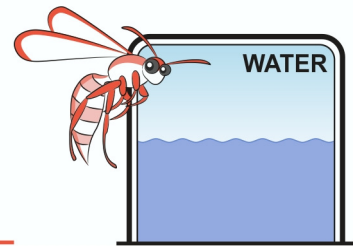
- a) None
- b) 20%
- c) 40%
- d) 60%

How many calories can you gain from 1 glass of water?

- a) 100
- b) 75
- c) 50
- d) None



Water For Humans – Student Quiz



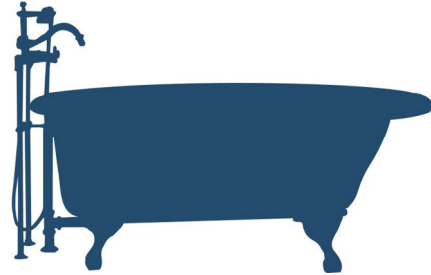
Water and my home

On average how much household water is used in the garden?

- a) 14%
- b) 44%
- c) 64%
- d) 84%

How much water is used in the house for showering?

- a) 88%
- b) 55%
- c) 44%
- d) 22%



How long should you plan to spend getting clean in a “water wise” shower?

- a) 4 minutes
- b) 10 minutes
- c) 14 minutes
- d) 20 minutes

How much water will be lost if you let the tap run while cleaning your teeth?

- a) 3 litres per minute
- b) 6 litres per minute
- c) 9 litres per minute
- d) 12 litres per minute

How much water does the average washing machine use for each full load

- a) 90 litres
- b) 100 litres
- c) 110 litres
- d) 120 litres

What else do we use water for in the home? _____
