**Day 4**

**Directions: using information covered in the H20 Power Point and our class discussion to fill in the questions below.**

1. How much of the human body is made up of water?

2. Name 4 functions water helps the body carry out.

3. Name 4 things water helps maintain in the body.

4. What are ways our bodies lose water?

5. What is dehydration?

6. Before we move onto the next slide, in your group brainstorm as many possible signs and symptoms of dehydration as you can.

7. Why might someone want to be able to identify dehydration?