Benefits of Drinking More Water

There are many health benefits of drinking adequate amount of water every day. Can you circle these benefits?

1. Regulate body temperature

4. Increase body fat

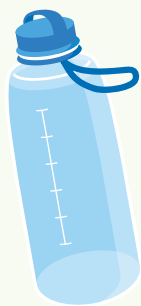**2.** Lead to constipation

5. Transport nutrients and oxygen

3. Replenish water loss from the body

6. Remove waste from the body

EatSmart Doggie's Smart Tips

Remember to drink more water!

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Activity Worksheets

幼營喜動校園
StartSmart@school.hk

Answers: 1, 3, 5, 6