Name _____

The Hydration Secret: Unveiling the Benefits of Drinking Water

Open-Ended Response Questions

1. Share a personal experience or story about a time when staying hydrated was particularly important, and explain why.

2. Imagine a day without access to water. Describe the challenges and health risks individuals might face in such a scenario.

3. Discuss the role of water in maintaining healthy skin, and provide tips for keeping the skin hydrated.

4. Explain why it's essential to adjust your water intake based on factors like climate, physical activity, and age. Provide examples of when these adjustments might be necessary.

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