

Name \_\_\_\_\_

## Nature's Nutrient Treasure Chest: The Role of Fruits and Vegetables in Providing Essential Vitamins and Minerals

### Open-Ended Response Answer Key

1. Answers will vary but may include personal experiences of staying hydrated during sports activities, illness, or hot weather and explanations of why staying hydrated was important in those situations.
2. In a day without access to water, individuals might face dehydration, which can lead to symptoms like dry mouth, dark urine, and fatigue. Severe dehydration can result in heatstroke, kidney stones, and other health risks.
3. Water helps maintain healthy skin by keeping it hydrated, preventing dryness and flakiness. Tips for keeping the skin hydrated may include using moisturizers and drinking enough water.
4. Adjusting water intake based on factors like climate, physical activity, and age is essential because these factors can increase the body's water requirements. For example, hot weather and vigorous exercise can lead to increased sweating and higher water needs, while older adults may need to be more conscious of staying hydrated due to changes in their body's ability to regulate fluid balance.

