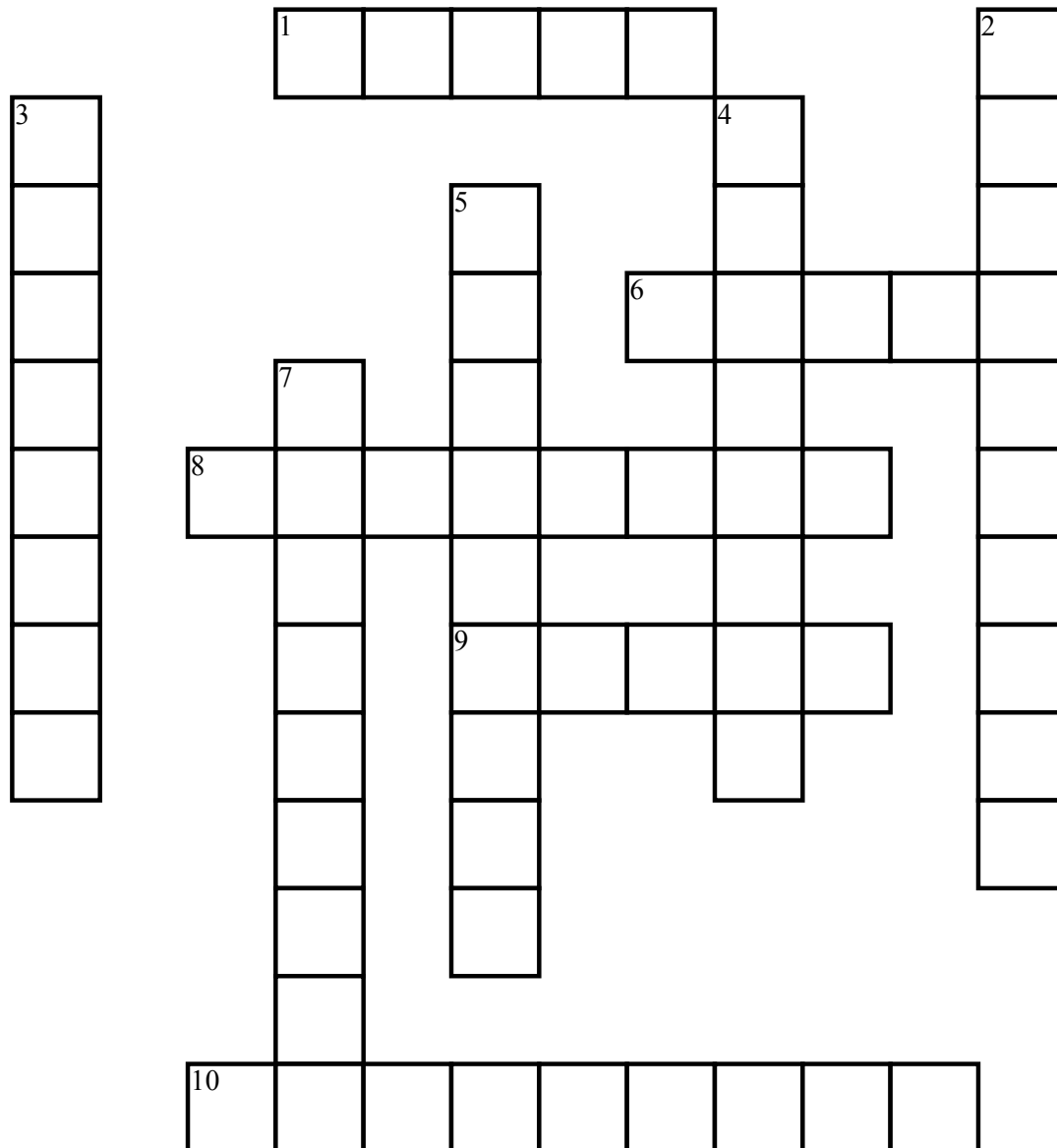


Name: _____

Date: _____

Staying Healthy For the Summer



Across

1. Needed to stay healthy
6. Check with your physician if your urine is this color
8. Another name for controlling body temperature
9. 22% is made of water
10. Another name for drinking more water

Down

2. Drinking this replaces what is lost from excessive sweating
3. Preferred to rather than plain water
4. Contains 90% water of higher
5. Eating plenty of this vegetable is another source of staying hydrated
7. Balances out electrolytes