Happy Hydration

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| **Across**  **3.** A state in which your body needs more fluids  **6.** Water, tea, and juice are examples of  **8.** You should drink 8 glasses of this daily  **10.** The feeling of wanting water | **Down**  **1.** A food group with a large water content  **2.** Joy  **4.** A state in which your body has adequate fluids  **5.** Potassium and sodium are examples of  **7.** Eating a nutritious diet and drinking plenty of fluids will help you stay  **9.** Taking fluids in by mouth  **11.** Salt |