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 |