

## Chapter 5 Test, Water and Oxygen

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. What is your body doing when you sweat? \_\_\_\_\_
2. Some doctors recommend that you drink \_\_\_\_\_ glasses of water every day.
3. Your muscles need oxygen: True False
4. Name one of three foods mentioned in the chapter that contain lots of water. \_\_\_\_\_
5. If you do not drink enough water, you can become \_\_\_\_\_.
6. Water does not have anything to do with digestion: True False
7. What does water and nutrients mix with in your body to make energy?  
Fats Protein Oxygen Sugar
8. When you are \_\_\_\_\_, your body is telling you it needs more \_\_\_\_\_.
9. How much water you drink can affect how your skin looks: True False
10. In a couple sentences, describe how oxygen moves around your body.

Fill in the blank choices:

Thirsty  
Watermelon  
Three or four  
Cooling off  
Soda  
Water  
Celery  
Dehydrated  
Lettuce  
Six or seven