

# Water: Go with the Flow!

Post Test – June 2013

**Please keep this test and certificate in your files for Licensing.  
You do not need to send it in to our office or the State.**

Learning Objective: After reading the newsletter, the provider understands the importance of water for children and how to give it a different spin.

1. Water is one of the body's most essential nutrients. People may survive six weeks without any food, but they couldn't live more than three weeks or so without water.  
True or False
2. Water is the cornerstone for all body functions. It's the most abundant substance in the body, accounting for up to \_\_\_\_\_ percent of body weight.
3. Water transports nutrients and oxygen to all cells and carries waste products away. Water helps maintain blood volume, and it helps lubricate joints and body tissues such as those in the mouth, eyes and nose.  
True or False
4. The daily amount of water that a child or teen needs depends on factors such as age, weight and gender. Air temperature, \_\_\_\_\_, a person's \_\_\_\_\_ level and his or her overall health affect daily water requirements, too.
5. The amount of water that your child or teen needs each day might seem like a lot, but keep in mind that the recommendations in the chart are for \_\_\_\_\_ water, which includes water from all sources: drinking water, other beverages and food.
6. Fruits and vegetables have a much higher water content than other solid foods. Their high water content helps keep the calorie level of fruits and vegetables low while their nutrient level remains high—another perfectly great reason for kids to eat more from these food groups.  
True or False
7. As a rule of thumb, to get enough water, your child or teen should drink at least \_\_\_\_\_ cups of water a day and eat the recommended number of servings of fruits and vegetables every day.
8. Before, during and after any physical activity, kids need to drink plenty of water, especially in hot weather. The goal is to drink one-half to two cups of water every 30 minutes while exercising.  
True or False
9. To help convert your family to more water and less sweetened drinks, slowly decrease the amount of sweetened beverages that you bring into your home. \_\_\_\_\_ change may go over better than stopping cold turkey.
10. Change up the way you drink \_\_\_\_\_ by adding fun \_\_\_\_\_ such as: Fresh Cut Cucumbers, Fragrant Orange Slices, Refreshing Mint and Lime Juice, or Squeeze of Lemon Juice.



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## **USDA CHILD AND ADULT CARE FOOD PROGRAM**

is pleased to award

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THIS CERTIFICATE

for completion of 30 minutes of training in

**June 2013: Water: Go with the Flow**

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to  
Quality Child Care as demonstrated by completion of this course

Given this date \_\_\_\_\_

*Lindsey Seybold*

Lindsey Seybold  
Training Coordinator  
Southwest Human Development Services

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