

Drink more water!



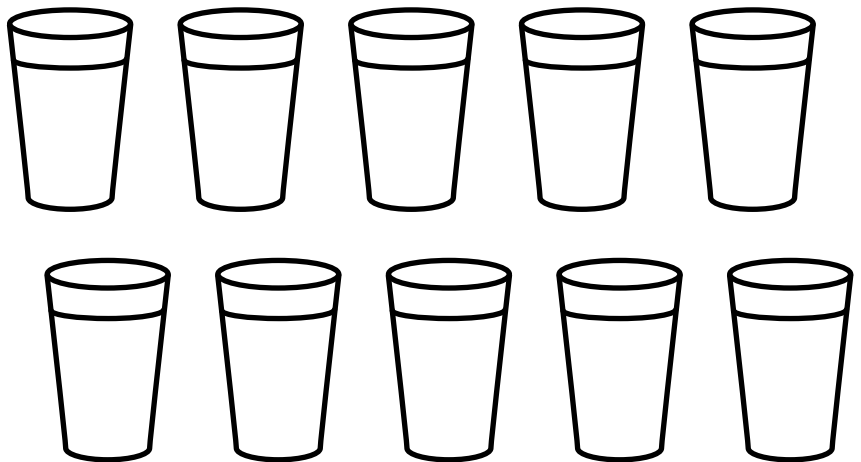
I am _____ years old.

I should drink _____ glasses of water a day.

(Hint: You should drink the same amount of glasses of water as how old you are, up to 8!)

Skip the sugary drinks and drink water instead! Water is low-cost and is a healthy alternative to sugary drinks.

Color the amount of glasses of water you should be drinking each day!



Try adding fruit to your water for extra flavor!

Color in which fruit you want to add to your water at home.

