



Water and Healthy Ageing

Hydration Best Practice Toolkit for Care Homes

10 Hydration awareness quiz – for residents and staff

Photocopy this sheet and tick off your answers. Correct answers are given over the page.

What is the chemical name for drinking water?

- H₂O
- C₃PO
- He₃

How many glasses of water should you drink each day for good health?

- 1-2
- 3-4
- 6-8

How much of your body is made up of water?

- 75%
- 40%
- 15%

How long can you live without water?

- About one week
- About one month
- About one year

What is another name for water that is safe to drink?

- Portable
- Potable
- Passable

For the price of one cup of coffee, how many litres of fresh drinking water can you get directly from your tap?

- 1 litre
- 10 litres
- 100 litres
- 1,000 litres (or more)

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Which drink would be best to drink to protect your teeth and gums?

- Fizzy cola
- Coffee
- Water

How should you drink your daily water intake?

- All at once
- Little sips regularly
- Big mouthfuls

How much water does simply breathing in and out use up each day?

- A pint
- A glass
- A bathful

Which of these is not a sign of dehydration?

- Headache
- Irritability
- Tiredness
- Sprained ankle

We get some water from our food and drink. From which of the following should we not get our water intake?

- Decaffeinated tea
- Weak squash
- Fruit juice
- Alcohol

What is the ideal colour for urine to be if you are well hydrated?

- Light brown
- Dark yellow
- Pale yellow/clear

Answers: H₂O, 6-8 glasses, 75%, About one week, Potable, 1,000 litres (or more), Water, Little sips regularly, A pint, Sprained ankle, Alcohol, Pale yellow/clear.