**Nutrition and Hydration Quiz** – answer sheet

1. **How many drinks should you have each day (in cups or glasses)?**

c. 6-8

1. **True or false: drinking tea and coffee makes you more dehydrated**

False: Tea and coffee contain a lot of water so are a great way to stay hydrated!

1. **True or false: your sense of thirst can decrease as you get older**

True: This is one of the reasons some people become dehydrated

1. **Which type of milk should you drink if you need to put on weight?**

c. Full-fat milk is recommended for people who need to put on weight. You can also mix in 2-4 tablespoons of milk powder to add extra energy, calcium and protein

1. **Apart from thirst, how can you tell if you are dehydrated?**
   1. The pinch-test – gently pinch the skin on the back of your hand, it springs back to normal you are well hydrated
   2. Look at the colour of your urine when you go to the toilet. It should be clear in colour and odour-free (some medications can affect this)
   3. Sunken eyes, dry lips and dry skin
   4. Headaches, dizziness, concentration
   5. UTIs
2. Who sold the ‘Worst Pies in London’ Sweeney Todd
3. Which character sang ‘A spoonful of sugar’? Mary Poppins
4. Which siblings had a hit with ‘Don’t sit under the apple tree’? Beverley Sisters
5. Traditionally, what should you only eat when there is an R In The Month? Oysters
6. What Is 'SPAM' Short For? Spiced Ham

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