

Name: _____

Introduction: The Car Lesson



Healthy Bodies & Healthy Minds

1. Are you like a car? Yes or no? Why?

2. What percentage of our bodies is made of water?

- a. 20%
- b. 0%
- c. 70%
- d. 30%

3. Can we drink tea, coffee, or cola in place of water?

- a. Yes
- b. No
- c. I do not know

4. How do we measure the energy in the food we eat?
