Like plants and animals, humans need water to grow! Water helps you feel energized and hydrated. Drinking water instead of sugary drinks can decrease/reduce the risk for tooth decay and weight gain.

- **Drink plenty:** Water, unflavored milk, fruit-infused water
- **Sometimes:** Low-calorie, low sugar drinks, 100% juice
- **Drink rarely, if at all:** Soda/Pop, sports drinks, fruit drinks

Knowing where your drinking water comes from, how it’s been treated, and if it’s safe to drink is important. Your local health department can provide information about groundwater conditions and options for water safety and quality testing.

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**Game Break!**

Draw a line to match the beverage with the correct smiley face!

- **Happy** = unflavored milk, fruit infused water
- **Neutral** = 100% Juice
- **Frown** = Soda/Pop

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Images from Pixabay

Correct Answers:

Happy - unflavored milk, fruit infused water
Neutral - 100% Juice
Frown - Soda/Pop