

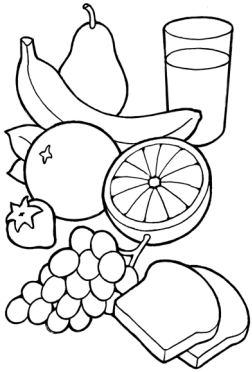
The Healthy Hydration Library Challenge

1. Find a book donated by the American Water Works Association (AWWA) for Water Week.

Hint-Look at the bottom of the Healthy Hydration Posters for a clue...

Book Title: _____

Library Catalog Information: _____



2. Find a recipe that uses at least three hydrating foods.

Hint-Explore a cookbook...

Book Title: _____

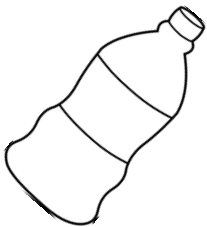
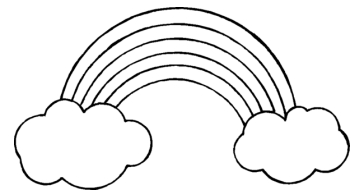
Recipe Name: _____

Library Catalog Information: _____

3. What food turns your pee pink if you eat too many of them?

Hint-Search the Pee the Rainbow Poster...

Answer: _____



4. If you replace 4 single use plastic water bottles per day by using a reusable water bottle instead, how many water bottles would you replace in a year?

Hint-Find Tap Fact #2...

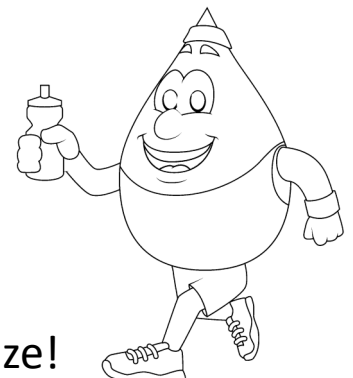
Answer: _____

5. Healthy hydration is an important part of playing sports. Find a book that talks about your favorite sport!

Hint-If you are stuck as a librarian for help...

Book Title: _____

Library Catalog Information: _____



When complete turn in this sheet to the library for a prize!