

First Name: _____

Last Name: _____

SS51020 – L08 – Hydration Level

13 marks

Canada's Food Guide Plates

I always try to drink water instead of sugary beverages.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I have minimized or eliminated my intake of diuretics, such as caffeine or alcohol.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I understand the relationship between hydration and urine color.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I understand the impact of staying hydrated on my health and physical performance.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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Detail one specific strategy you use to better keep yourself hydrated. **Be specific.**

	3	2	1	0
Hydration Level	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>