

Reading Advanced Test

by TeacherApp English

Read the Health Article and Answer the Questions.

Kids Require Just as Much Drinking Water as Adults

They might be pint-size, but their water needs are not. Kids, experts say, should be just as properly hydrated as adults, if not more so.

"The standard recommendations are for children to get six to eight glasses of water per day," says Dr. Melina Jampolis, CNN Health's Diet and Fitness expert. "Mild dehydration can affect learning as well as mental and physical performance."

Underscoring Jampolis' assertion is a recent report out of Tufts University which found that children who are even mildly thirsty can become cranky. For school age children, dehydration even at low levels can impair cognitive function, says lead researcher Kristen D'Anci, Ph.D. Make water available. Place a pitcher of water in the refrigerator (studies show that kids are more likely to drink cold water than room temperature), have water bottles out, ready to be filled, or have bottles handy. That way, there's no excuses.

Ionized water has smaller molecule clusters that are able to permeate a body's cells faster, while hydrating more fully and effectively. In turn, this allows little bodies to absorb water and minerals better, and flush out toxins.

Serve water-rich foods. When all else fails, serve good for you, water-infused foods, such as soup, fruit and milk, which can be made up of 80 to 90 percent water. Watermelon, for instance, is usually a kid-friendly favorite and a great water-logged fruit.

Take care of the water and help others!

It is very easy to open the tap and find drinking water, but why do we waste it?

By 2020, 2.2 billion people do not have access to safely managed drinking water and 4.2 billion, or 55% of the world's population, lack safely managed sanitation.

The impact on child mortality rates is devastating with more than 297,000 children under five who die annually from diarrhoeal diseases due to poor sanitation, poor hygiene, or unsafe drinking water.

From 30 to 60% of domestic drinking water is used to water yards and gardens, and often large portions are wasted by over-watering and evaporation.

Water Saving Tips:

Turn off the faucet while brushing your teeth.

Place a bucket in the shower and collect the falling water while you wait for it to heat up.

Reduce your shower time.

Only run the washing machine and dishwasher when you have a full load.

Use a low flow shower head and faucet aerators.

Reuse the water with which you rinse fruits and vegetables to water the plants you have inside your house.

Check the faucets and pipes to see if they have any leaks and thus repair them.

Don't overwater your lawn or water during peak periods.

Monitor your water usage on your water bill.

If you have a car, wash it with a bucket and sponge instead of a hose.

Share your knowledge about saving water.

When you wash the dishes, be sure to soak and rinse everything at the same time. This will avoid having the key open.

Don't waste water playing with it.

We celebrate World Water Day on March 22nd since 1993, a celebration promoted by the United Nations to focus on the importance of freshwater.

1. How many people do not have access to safe drinking water?

4.2 billion

2.2 billion

2 billion

2. If it is mountain water, you can drink it.

True

False

Not given

3. What is Tufts?

A University

CNN Team

Health Team

4. When does the washing machine should be used?

Small load

Full load

Not given

5. How many glasses of water is recommended to drink?

4 - 6 per day

6 - 8 per day

8 - 10 per day

6. How can we control the use of water?

Not using water

Checking the Bill

Drinking less water

7. Can mild dehydration affect learning?

True

False

Not given

8. How do I take care of the water when brushing my teeth?

Brushing without water

Not brushing my teeth

Turn off the faucet

9. Do children prefer cold water?

True

False

Not given

10. What is the name of the CNN health doctor?

Kristen D'Anci

Melina Jampolis

Not given

11. What percentage of the population lacks safe sanitation?

50%

55%

40%

12. How can we reuse the water we use to wash food?

Keeping it in the fridge

Cannot be reused

Water your plants

13. Can fruits be a solution to replace water?

True

False

Not given

14. How to take care of the water when I shower?

No shower

Reduce the shower time

Shower with other elements

15. What percentage of water is used to irrigate yards and gardens?

20% - 30%

50% - 55%

30% - 60%

16. Dehydration even at low levels can impair cognitive function.

True

False

Not given

17. Does the colour of water affect children?

True

False

Not given

18. How should we wash the car?

Hose

Bucket

Sprinkler

19. What day is world water day celebrated?

March 22nd

March 23rd

March 25th

20. Can dehydration affect physical performance?

True

False

Not given

Correct Answers on final page.

Correct Answers

1. 2.2 billion
2. Not given
3. A University
4. Full load
5. 6 - 8 per day
6. Checking the Bill
7. True
8. Turn off the faucet
9. True
10. Melina Jampolis
11. 55%
12. Water your plants
13. True
14. Reduce the shower time
15. 30% - 60%
16. True
17. Not given
18. Bucket
19. March 22nd
20. True