**Water**

1) What are the functions of water in the body?

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2) Name three symptoms of mild dehydration.

a: b: c:

3) What is the recommended fluid intake per day?

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4) Which population groups may be most at risk of dehydration? Explain your answers.

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| Population group | Reason |
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5) What is the name of the condition of drinking too much water? Describe this condition.

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