

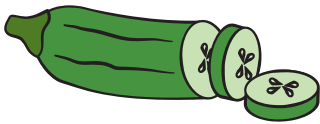
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Module 4: Water

**Lesson Theme:** Reinforce the benefits of drinking water daily and increase knowledge related to alternative sources of water.

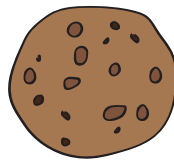
**ACTIVITY:** Circle the correct percentage of water in each food.

### Water Works



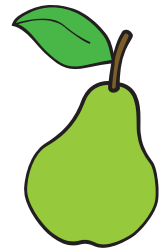
Cucumber

96% or 38%



Oatmeal Cookie

84% or 6%



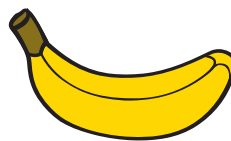
Pear

84% or 15%



Crispy Rice Cereal

3% or 30%



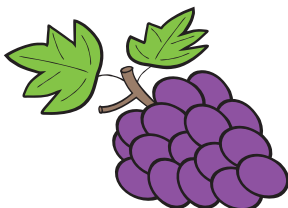
Banana

74% or 35%



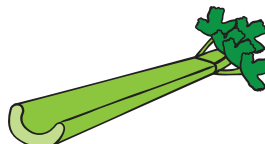
Whole Wheat Bread

91% or 38%



Grapes

81% or 3%



Celery

95% or 15%



Raisin

15% or 74%