

Chapter 5 Test, Water and Oxygen

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others.

1. How much water should people drink every day? _____
2. People get nutrients and glucose from _____.
3. Your body is made up of about this much water: 50% 60% 70% 80%
4. When this evaporates off your body, you cool down. _____
5. Water is made of _____ and oxygen.
6. Deep breathing can help you relax: True False
7. Water and oxygen are needed for these types of reactions to happen in your body. _____
8. How long can people survive without water? _____
9. Getting oxygen to all cells in your body helps give you _____.
10. Water only cleans the outside of your body: True False

Fill in the blank choices:

Food
Weeks
A few days
4 to 5 glasses
Hydrogen
6 to 8 glasses
Energy
Sweat
Chemical
Glucose