

# Water

And, that's how it's done!

What Daniel here is trying to show you is how to cure DEHYDRATION.

So, DRINK UP!

Dehydration means your body has lost more liquid than it's taken in.

Water, Good ole H<sub>2</sub>O.

Water's good, but there are other ways to get liquid into your body, thin cereal, applesauce, pears and bananas. Flavored gelatin, tea, soup and broth.

So, eat, drink and be merry!