Fluid Knowledge Quiz

True  False  
[ ]  [ ]  1. Beverages with caffeine, such as coffee or colas, are better choices for increasing fluid intake.
[ ]  [ ]  2. In addition to fluids, foods such as Jello-O and ice cream can be counted toward your total daily fluid intake.
[ ]  [ ]  3. A good early indicator of needing to increase fluid intake is thirst.
[ ]  [ ]  4. Fatigue, dizziness and headache are all signs of dehydration.
[ ]  [ ]  5. Older adults are at a higher risk than younger adults of developing dehydration.
[ ]  [ ]  6. Older adults need to consume at least 12 glasses of fluid on a daily basis.

Matching

A. This is **not** a function of water.
B. This is a function of water.

[ ]  8. Regulating body temperature.
[ ]  9. Helping medications work.
[ ]  10. Keeping skin healthy and moist.
Quiz Key.

1. False
2. True
3. False
4. True
5. True
6. False
7. B
8. B
9. B
10. B