

Quiz night

Quick guide

Age range

All

15 mins



Outside / indoor



Group activity



Thirsty work

This quiz looks at the importance of drinking water for health. Read out the statements below and ask the group to consider whether they are true or false. Allocate one side of the room as true, the other side false and the middle for not sure. Once they've made their decision, give them three seconds to run around and change their minds. Don't forget to make sure everyone has a drink of water after playing the game.



The body is made up of 90% water

FALSE it's 60%

Your body loses a drink can full of water a day by breathing

TRUE

Drinking tea, coffee or fizzy drinks is as good as drinking water

FALSE water is naturally free of caffeine, calories and sugar

You only need to drink water if you do exercise

FALSE you need to drink water all the time

Water is a beauty product

TRUE it's great for your skin

We should drink two or three cups of water a day

FALSE it's six to eight cups

Fruit and vegetables are a good source of water

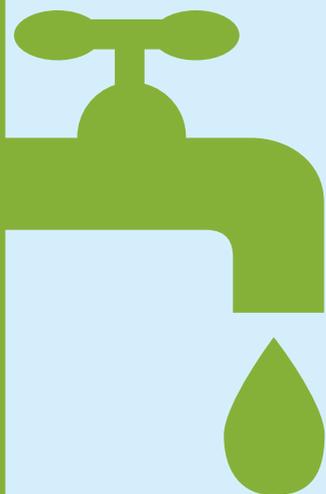
TRUE

The chemical formula for water is H3O

FALSE it's H2O

Fun fact

Although a person can live without food for about two months, they can survive without water for less than a week



Word up

Photocopy a set of fact cards for each team. The first team to hold up the card with the correct word or number and call out **Word up!** wins a point.

Question 1

We can water our plants with water from this

Question 2

We should hot wash vegetables this way

Question 3

We put our smelly socks in this

Question 4

We should do this twice a day

Question 5

We do this after we've been for a wee!

Question 6

You might play with a rubber duck in this

Question 7

Drinking plenty of this keeps us healthy and helps us to concentrate

Question 8

You put dirty plates and cutlery in here

Question 9

You should always make sure this is full before you switch it on

Question 10

You use it in the garden and it looks like a snake!