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**Put an X in the square beside the best answer.**

1. Our bodies are up to \_\_\_\_\_ percent water.  
 25                       50                       75                       85
2. The main idea of paragraph 2 is that \_\_\_\_\_.  
 the hypothalamus is a part of the brain stem  
 our bodies need a proper balance of water and salt  
 the hypothalamus sends a signal when we are thirsty  
 too much salt can damage the cells
3. You can probably decide from the article that too much water in your blood means \_\_\_\_\_.  
 your body is low on salt                       you like to drink water  
 you should drink less water                       you don't exercise enough
4. According to the study mentioned in the article, what happens *first*?  
 Blood is pushed to your body's core.  
 Your blood vessels constrict in the cold air.  
 Your hypothalamus is fooled.  
 More blood settles in your trunk.
5. When you sweat, your body \_\_\_\_\_.  
 damages cells                       gets weak  
 loses water                       pushes blood to your trunk
6. In paragraph 3, the word core means \_\_\_\_\_.  
 feet                       arms                       body trunk                       stomach



**Write your answer to the following question on the lines below.**

In addition to feeling thirsty, what are some other signals your body sends you?

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