

Fluid Knowledge Quiz

True False

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1. Beverages with caffeine, such as coffee or colas, are better choices for increasing fluid intake.

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2. In addition to fluids, foods such as Jello-O and ice cream can be counted toward your total daily fluid intake.

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3. A good early indicator of needing to increase fluid intake is thirst.

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4. Fatigue, dizziness and headache are all signs of dehydration

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5. Older adults are at a higher risk than younger adults of developing dehydration.

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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.

_____ 7. Helping to maintain blood volume.

_____ 8. Regulating body temperature.

_____ 9. Helping medications work.

_____ 10. Keeping skin healthy and moist.

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Quiz Key.

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