



Is Coconut Water the Ultimate Hydration Booster?

Description

When you want to drink something new, coconut water is a fun option. It is a good choice when you want something different from plain water.

Coconut water is getting popular again, especially on TikTok. People like to use it in cocktails, mocktails, and even coffee. It has a nice taste without being too sweet.

Coconut water has electrolytes. Electrolytes help keep your body balanced. They are good for keeping you hydrated. But water is still the best drink for staying hydrated.

Coconut water has some calories and sugars. One cup has about 46 calories, 8.9 grams of carbs, and 6.3 grams of sugar. It also has important minerals like potassium.

If you exercise a lot or sweat a lot, sports drinks can be better. They have more sodium, which you need to replace lost fluids. But if you are doing light activities, coconut water can be refreshing.

You can drink coconut water by itself or use it in smoothies. Just remember, if you have health issues related to kidneys, be careful with how much you drink.

Vocabulary List:

1. **Electrolytes** /ɪˈlɛk.trə.laɪts/ (noun): Minerals in the body fluids that help regulate processes such as hydration and muscle function.
2. **Hydrated** /ˈhaɪ.dreɪ.tɪd/ (adjective): Having absorbed enough water or moisture.
3. **Calories** /ˈkæl.ər.ɪz/ (noun): Units of energy that measure the amount of energy food provides.
4. **Potassium** /pəˈtæs.i.əm/ (noun): A mineral that is important for cell function muscle contraction and maintaining fluid balance.
5. **Refreshing** /rɪˈfrɛʃ.ɪŋ/ (adjective): Having a feeling of freshness or coolness often in relation to food or drink.
6. **Minerals** /ˈmɪn.ər.əlz/ (noun): Naturally occurring substances that are important for health and the functioning of the body.

Comprehension Questions



Multiple Choice

1. What makes coconut water a fun option for drinking something new?

- Option: It has a unique taste
- Option: It is fizzy like soda
- Option: It is high in caffeine
- Option: It is colorless

2. Which social media platform is mentioned as contributing to the popularity of coconut water?

- Option: Instagram
- Option: Facebook
- Option: TikTok
- Option: Twitter

3. What do electrolytes in coconut water help with?

- Option: Digestion
- Option: Body balance
- Option: Bone strength
- Option: Brain function

4. What important mineral is mentioned to be present in coconut water?

- Option: Iron
- Option: Calcium
- Option: Potassium
- Option: Magnesium

5. In what situations are sports drinks recommended over coconut water?

- Option: Daily hydration
- Option: Light activities
- Option: High-intensity exercise
- Option: Mental focus

6. What caution is advised for individuals with kidney-related health issues regarding coconut water consumption?

- Option: Limit intake
- Option: Increase intake
- Option: Mix with other beverages
- Option: No special caution needed



True-False

7. Coconut water is only suitable for low-intensity exercise hydration.
8. Coconut water contains no sugars or calories.
9. Electrolytes in coconut water help in body balance and hydration.
10. Coconut water is a recommended alternative to water for daily hydration.
11. Coconut water can be used in smoothies along with other ingredients.
12. Individuals with kidney-related health issues should drink coconut water without any restrictions.

Gap-Fill

13. Coconut water has about 46 calories, 8.9 grams of carbs, and 6.3 grams of sugar in one cup. It also contains important minerals like _____.
14. If you exercise a lot or sweat a lot, _____ can be a better choice over coconut water due to higher sodium content.
15. Individuals with health issues related to kidneys should be cautious about their coconut water intake to avoid any potential _____.
16. Coconut water is widely enjoyed for its refreshing taste and ability to be used in various beverages like cocktails and _____.
17. In terms of hydration, water is still considered the best drink due to its universal benefits and lack of _____.



18. Electrolytes in coconut water help in maintaining proper body balance and are beneficial for general

Answer

Multiple Choice: 1. It has a unique taste 2. TikTok 3. Body balance 4. Potassium 5. High-intensity exercise 6. Limit intake

True-False: 7. False 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. potassium 14. sports drinks 15. complications 16. smoothies 17. calories 18. hydration

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which substances are important for maintaining proper fluid balance in the body?

- Option: A. Proteins
- Option: B. Electrolytes
- Option: C. Carbohydrates
- Option: D. Vitamins

2. What is a common mental health condition characterized by persistent sadness and loss of interest?

- Option: A. Anxiety
- Option: B. Depression
- Option: C. Schizophrenia
- Option: D. Bipolar disorder

3. What refers to the process by which your body converts what you eat and drink into energy?

- Option: A. Respiration
- Option: B. Metabolism
- Option: C. Circulation
- Option: D. Digestion

4. Which mineral helps in maintaining proper heart function and muscle contraction?

- Option: A. Calcium
- Option: B. Potassium
- Option: C. Iron
- Option: D. Magnesium



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5. What term is used to describe the practice of taking multiple medications simultaneously?
- Option: A. Monotherapy
 - Option: B. Polypharmacy
 - Option: C. Oligotherapy
 - Option: D. Homeopathy
6. Which type of fats are considered heart-healthy and are usually liquid at room temperature?
- Option: A. Saturated
 - Option: B. Unsaturated
 - Option: C. Trans
 - Option: D. Hydrogenated
7. What stage in a woman's life marks the end of her menstrual cycles?
- Option: A. Adolescence
 - Option: B. Menopause
 - Option: C. Puberty
 - Option: D. Fertility
8. What treatment approach involves talking to a trained therapist to develop coping strategies and solutions?
- Option: A. Medication
 - Option: B. Surgery
 - Option: C. Therapy
 - Option: D. Acupuncture
9. Which medications are commonly prescribed to help manage symptoms of depression?
- Option: A. Painkillers
 - Option: B. Antibiotics
 - Option: C. Antidepressants
 - Option: D. Antihistamines
10. What essential nutrients are needed for various bodily functions and processes?
- Option: A. Sugar
 - Option: B. Minerals
 - Option: C. Fiber
 - Option: D. Preservatives

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. It is important to stay _____ by drinking an adequate amount of water daily.



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12. The number of _____ in a food item indicates its energy content.
13. After a workout a cold drink can provide a sense of _____ and energy.
14. Individuals can obtain a professional _____ to demonstrate their expertise in a specific field.
15. Government agencies provide _____ to ensure businesses comply with regulations.
16. The _____ for the new product featured catchy jingles and bright colors.
17. She became an _____ for animal rights and conservation efforts.
18. It is important to _____ your sleep schedule to ensure proper rest.
19. The legal team found a _____ in the contract that allowed for early termination.
20. A balanced diet is crucial for overall health and proper _____ of the body.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Consulting with in the field can provide valuable insights and guidance.
22. Medications often come with about potential side effects and risks.
23. Different medical conditions require specific to manage symptoms effectively.
24. drugs are used to treat mental health disorders like schizophrenia and bipolar disorder.
25. is a serious mood disorder that can impact all aspects of a person's life.
26. Before starting a new medication it's important to be aware of the potential it may cause.
27. When trying a new activity it's wise to be and start slowly to avoid injuries.
28. Scammers often use deceptive tactics to commit financial and cheat people out of money.
29. is the transitional phase before menopause where hormone levels fluctuate.
30. Changes in a person's balance can influence mood appetite and energy levels.

Answer

Multiple Choice: 1. B. Electrolytes 2. B. Depression 3. B. Metabolism 4. B. Potassium 5. B. Polypharmacy
6. B. Unsaturated 7. B. Menopause 8. C. Therapy 9. C. Antidepressants 10. B. Minerals

Gap-Fill: 11. hydrated 12. calories 13. refreshment 14. certification 15. oversight 16. commercial 17.
advocate 18. regulate 19. loophole 20. nutrition

Matching sentence: 1. experts 2. warnings 3. treatments 4. psychotropic 5. depression 6. side effects 7.
cautious 8. fraud 9. perimenopause 10. hormonal

CATEGORY

1. Health - LEVEL1

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