Teacher Answer Key

Case Study

1. He drank little water, relied on fruit punch and energy drinks, leading to dehydration, muscle cramps, and poor stamina.

2. He started carrying a water bottle, sipping throughout the day, and used low-sugar electrolytes for intense practices.

Multiple Choice

1. B

2. D

3. A

Matching

1-E, 2-C, 3-B, 4-A, 5-D

Fill-in-the-Blank

1) low-sugar, 2) water, 3) dry mouth

Short Answer (Sample Responses)

Q1: Cutting back on sugar and caffeine prevents highs and lows in energy and mood, improving sustained focus.

Q2: Cooler temperatures can mask thirst, so teens may not feel the need to drink as often, overlooking fluid loss.

Q3: They can infuse water with fruit slices, add cucumber or mint, or choose sparkling water with a splash of juice.