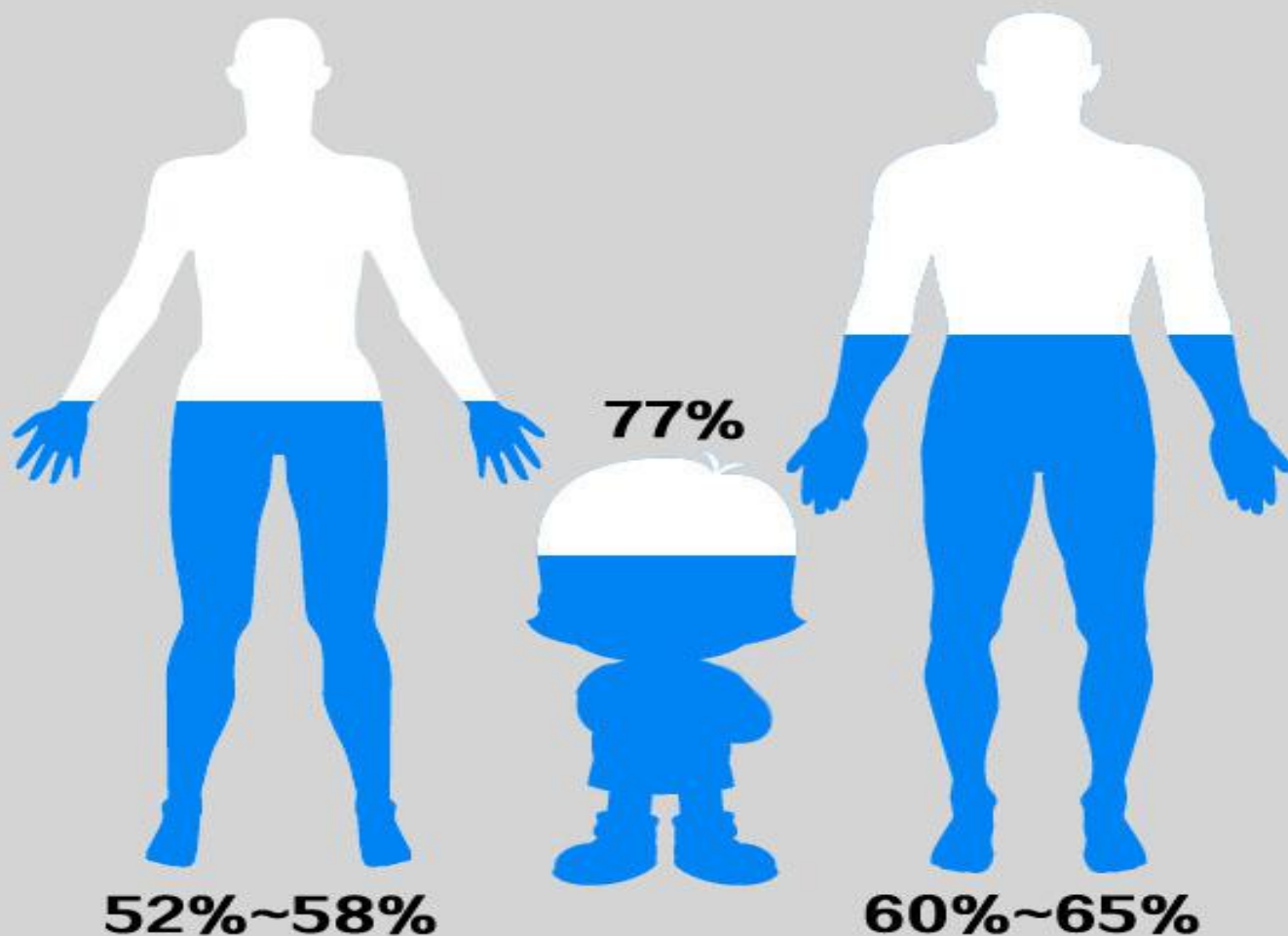


A high-speed photograph of a water splash, where the water droplets and bubbles form a circular ring. The water is a deep blue color, and the background is a light, hazy blue. In the center of the ring, the Chinese text '身体需要水' is written in a bold, orange font.

**身体需要水**

# 幼儿和成人体内的含水量



想喝的



身体需要的





**因户外活动容易出汗，所以在外出前应补充水分。**







**长时间玩耍后，因运动量大，  
流失水分较多，所以应多补水。**



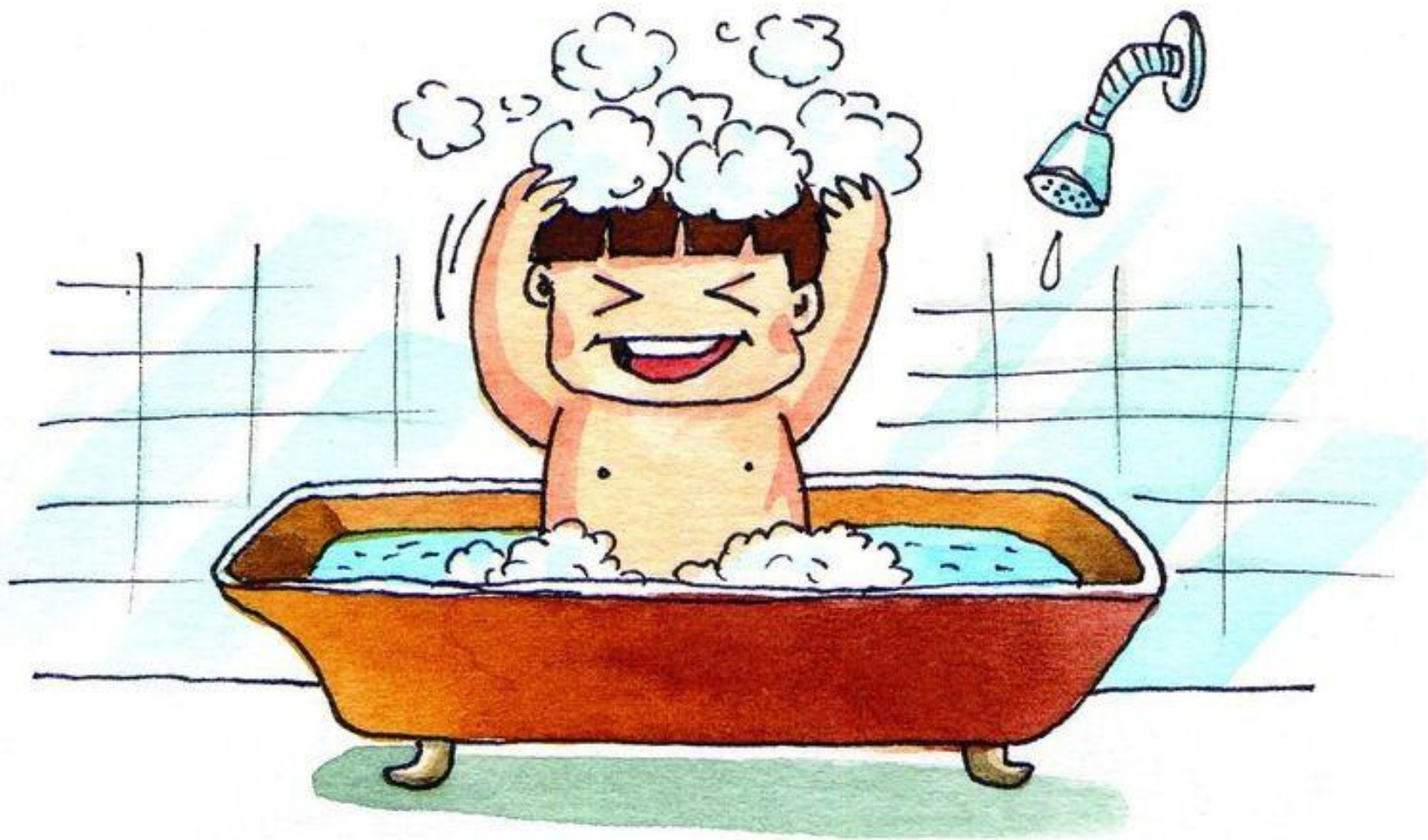


**进餐前饮少量白开水，注意，  
为了不影响食欲，只饮少量噢！**



**哭泣是一项全身运动，不仅  
会流很多眼泪，还会出汗，  
所以大哭后应多饮水。**





**洗完澡后也应该适当补充水分~**