



Water value

How much does it take

1 Apple _____

1 Watermelon _____

1 Kg of tomatoes _____

1 Kg of bananas _____

1 Kg of cheese _____

1 Kg of pork _____

1 tyre _____

1 ton of cement _____



Water-rich foods that will help you stay hydrated

- Cucumber, 96% **water**. Cucumbers are made up of 96% **water** – that's the highest **water** content of any **food**. ...
- Tomatoes, 95% **water**. Tomatoes are made up of 95% **water**. ...
- Spinach, 93% **water**. ...
- Broccoli, 90% **water**. ...
- Brussel sprouts, 88% **water**. ...
- Oranges, 86% **water**. ...
- Apples, 85% **water**.