

Hydrate for Your H



Week 4 Discussion
Your Name
SCI 228
24 Mar 2020

For our discussion, either create a 1- to 2-minute multimedia (video, PowerPoint, etc.) or a detailed, referenced post. Besides posting your own piece, comment on two other students' multimedia pieces. (You are encouraged to use the text comment feature.)

Check out this TedEd Animation lesson: ["What would happen if you didn't drink water?"](#) Calculate your individual fluid needs in cups per day. How important is hydration to our survival?