

Inspired Living “Hydration” Quiz

(loosely based on Danny Baker’s “sausage sandwich” game on Radio 5 Live)

In groups of 3, elect one person to read out the questions and be scorer. The other two are “contestants”. Barbara will give you the correct answers during her talk (so is like the guest on the sausage sandwich game).

Red sauce, brown sauce or no sauce at all!

Choose from a., b. or c. to answer the questions below. Contestants take it in turns to go first and if one contestant selects a. the other can only choose from b. or c.!

1. If you’re dehydrated:
 - a. your skin will be dry and flaky.
 - b. you’ll have dark rings under my eyes.
 - c. your pee will be darker than pale straw yellow.

2. Sports drinks:
 - a. are the best drink before any exercise.
 - b. rehydrate you more effectively than water after an hour’s intense exercise.
 - c. are scientifically compiled by their manufacturers so can’t be made at home.

3. When men exercise:
 - a. they tend to sweat more than women because they have a higher percentage of body water.
 - b. they burn fewer calories than women doing the same activity.
 - c. they should drink alcohol to rehydrate.

4. Caffeine:
 - a. always causes a net fluid loss in the body so coffee can’t be used for rehydrating after exercise.
 - b. is an ingredient in every sports drink.
 - c. a can of cola contains as much caffeine as a cup of tea.

5. Which of the follow is NOT true:
 - a. a small net fluid loss (<2% of body weight) is unlikely to affect performance.
 - b. research has suggested that skimmed milk may be a better for post-exercise rehydration than a sports drink.
 - c. a glass of wine (250ml) is more dehydrating than a pint of beer.

Contestant 1: scored –

Contestant 2: scored –

Answers: 1. c. 2. b. 3. a. 4. c. 5. a.
