



VICTORIAN CONTINENCE RESOURCE CENTRE

Hydration awareness quiz for staff

Photocopy this sheet and tick off your answers. Correct answers are given over the page.

1. What is the chemical name for drinking water?

- H₂O
- C₃P₀
- He₃

2. How much minimum fluid should the frail older person drink each day for good health?

- 2 litres
- 1500mL
- 2.5 litres

3. Approximately how much of your body is made up of water?

- 60%
- 40%
- 15%

4. How long can you live without water?

- About one week
- About one month
- About one year

5. Which drink would be best to drink to protect your teeth and gums?

- Fizzy cola
- Coffee
- Water

6. How should you drink your daily water intake?

- All at once
- Regular sips
- Big mouthfuls

7. How much water does simply breathing in and out use up each day?

- A pint (600mL)
- A glass (250mL)
- A bathful

8. How much water on average is removed from the body daily as urine from the bladder?

- 250mL
- 400–500mL
- 1 litre
- 1.5 litres

For further information contact (03) 9816 8266 | 1300 220 871
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9. What is the average bladder capacity of an adult?

- 250mL
- 400–500mL
- 1 litre
- 1.5 litres

10. Which of these is not a sign of dehydration?

- Headache
- Irritability
- Sprained ankle
- Tiredness

11. What is the ideal colour for urine to be if you are well hydrated?

- Light brown
- Dark yellow
- Pale yellow/clear

12. We get some water from our food and drink. From which of the following should we not get our water intake?

- Decaffeinated tea
- Watermelon
- Fruit juice
- Alcohol

13. Of the following, the best choice for supporting fluid intake in older adults who don't like plain water is:

- Caffeinated coffee
- Canned soup
- Watermelon
- Carbonated sugary drinks

14. A strategy recommended for the older person who can drink fluids but doesn't drink enough because they don't enjoy it is to:

- Encourage swallowing exercises
- Provide frequent oral care
- Teach them pelvic floor exercises
- Offer them fluids frequently

Answers: H2O, 1500mL, 60%, About one week, Water, Regular sips, A pint, 1.5 litres, 400–500mL, Sprained ankle, Pale yellow/clear, Alcohol, Caffeinated coffee, Offer them fluids frequently

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