

# Water Content in Food Answer Sheet



How much water am I eating?

Each of these foods contains water. Number them in order from greatest amount of water to least amount of water.



Broccoli

**4.** 91% water

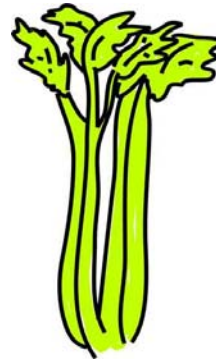
---



Whole Wheat Bread

**5.** 33% water

---



Celery

**2.** 95% water

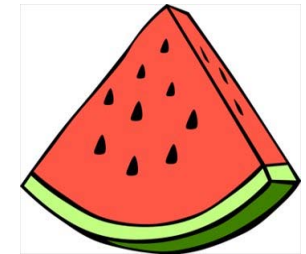
---



Lettuce

**3.** 93% water

---



Watermelon

**1.** 97% water

---