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Below are some ideas for how you can flavor water using fruits, vegetables, and herbs. Drinking more water can help keep you hydrated and cut back on drinks high in sugar. Making flavored water is also a great way to use up fruits and vegetables in your fridge.

Step 1

Circle which flavor blends you would like to try.

FLAVOR BLENDS:

	+		+	
Lemon		Cucumber		Blueberry
	+		+	
Strawberry		Basil		Cucumber
	+		+	
Lime		Raspberry		Mint
	+		+	
Cantaloupe		Mint		Cucumber
	+		+	
Watermelon		Basil		Lime
	+		+	
Pineapple		Cucumber		Mint
	+		+	
Apple		Ginger		Raspberry
	+		+	
Orange		Cinnamon		Clove

Step 2

Can you come up with a flavor blend that is not listed on this sheet? List or draw the blend below:
