

What is in a sports drink?

	Why do we need it?	What happens if we have too much?	What happens if we have too little?
Sugar			
Salt			
Water			

Case studies:

What happens if an athlete is working hard and sweating, but he doesn't drink anything?

What happens when an athlete drinks lots and lots of water?

Sports drinks are less concentrated than your body's fluids. What might go wrong if an athlete drinks too many sports drinks?

Egg Osmosis Hypothesis:

After vinegar? (Vinegar is less concentrated than the egg.)

After cornstarch solution? (Cornstarch is more concentrated than the egg.)