A.2 · Hydration and nutrition

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

Word	Example
water balance /ˈwɔːtə ˈbæləns/	Drinking and water loss both affect the runner's **water balance**.
sweat rate /swet reɪt/	The table records **sweat rate** in litres per hour.
digestion /daɪˈdʒestʃn/	**Digestion** breaks food into small molecules.
absorption /əbˈsɔːpʃn/	Most **absorption** of food happens in the small intestine.

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