

Grade K-2 or 3-5 Nutrition Lesson 6:

HYDRATION

Overview

In this lesson students will learn that more than half of our bodies are made up of water. Water is found throughout our body and is needed for it to work properly. Water is in our skin, bones and muscles, and even in our organs like our brain, liver, heart, lungs, and kidneys. Water has many “jobs” in our body including transporting vitamins and minerals to help us grow and not get sick, regulating our body temperature (through sweat), flushing out waste through pee and poop, lubricating joints, forming saliva to break down food, and acting as a shock absorber for our brain and spinal cord. Since water is so important to our body, it is essential that we have enough each day. We do this by balancing the water that goes out of our body with how much water we take in through drinks and food. If we lose more water than we take in, we can suffer from dehydration. Dehydration makes us feel thirsty, sleepy, have a headache, dry mouth and feel weak. We lose water throughout the day by sweating, by going to the bathroom, and even by breathing so we need to make sure we are taking in lots of water by drinking (about 6, 8 oz glasses a

day) and by eating foods like fruits and vegetables that have water in them. Students are encouraged to drink water BEFORE they even get thirsty and to carry a water bottle throughout the day and drink water with every meal and snack. 100% fruit juice and milk also can help keep us hydrated but students should save other types of fruit drinks, sports drinks, energy drinks and sodas for special occasions since they also have a lot of sugar in them. Students will learn that you can check to see if you are taking in enough water by looking at the color of your pee, a light lemonade color means you are doing good, and a dark apple juice color means you might be dehydrated. Students will end this lesson by learning how to make rainbow ice cubes to add to a glass of water to make drinking more water fun.

Behavior Change Objective:

As a result of this lesson, students will drink more water and have improved hydration.



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Learning Objectives:

Students will be able to:

- Identify that water makes up more than half of their bodies and be able to recite some of the “jobs” it does.
- Maintain good hydration by balancing the water that goes out of their bodies with the water that comes in.

Keywords:

As a result of this lesson, students will drink more water and have improved hydration.

Educational Standards:

US NJ: 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.1, 2.1.P.B.2

NHES: 1.2.1, 1.2.2

Materials:

- Videos:
 - Video Six: Hydration
- Water in Your Body Coloring Page plus one red and one blue crayon per student

- Kitchen Equipment and Ingredients for Citrus Hydration Drink if doing as in-class activity:

- Equipment:

- Juicers
- Pitchers
- Measuring spoons
- Cups
- Wooden Spoons

- Ingredients:

- 1 cup water
- 1/2 lemon, juiced
- 1.5 oranges, juiced
- 1/16 teaspoon salt
- 1 teaspoon honey



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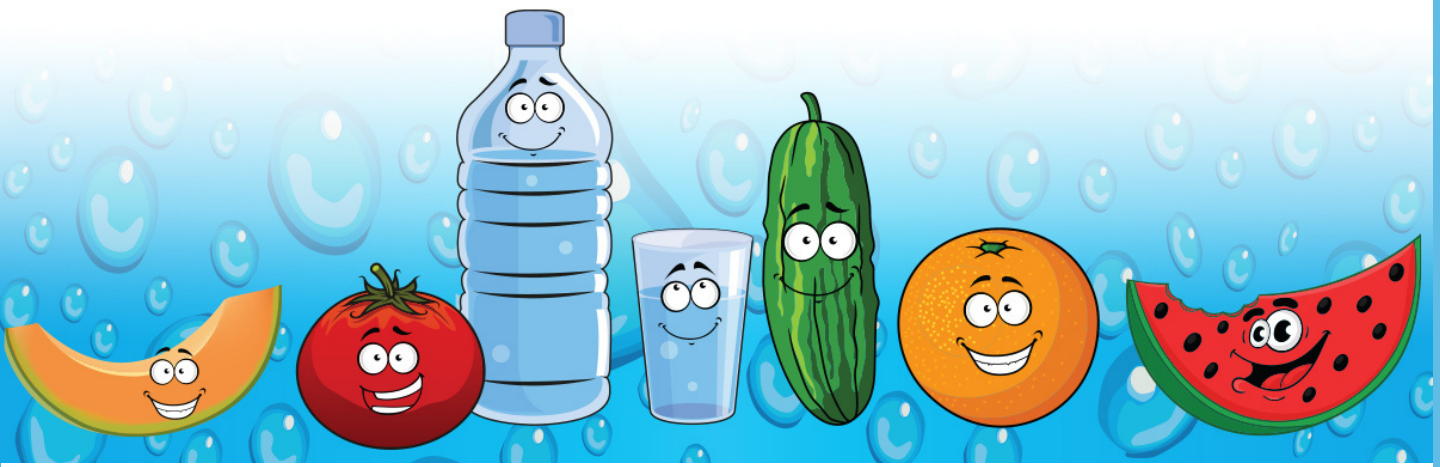
Before you Begin

- Review the entire lesson.
- Print “Water in Your Body” Coloring Page, give each student one coloring page and blue and red crayons.
- Set up AV equipment and provide space for film viewing.
 - There is one video to be shown: Video Six: Hydration
- Hydration Activity – Citrus Hydration Drink
 - If you plan on having students prepare drink in class set out equipment and ingredients necessary. See materials list for all items needed.
 - If using this as an at-home activity, print the Recipe: “Citrus Hydration Drink” for students to take home.

Procedure

- Introduce the Concept that Over Half of Our Body is Made out of Water.
 - Handout out “Water in Your Body” Coloring Page, one red crayon, and one blue crayon to each student. Begin the lesson by asking the students to guess how much of our body is made up of water?

- Have them color the coloring page using the code with red and blue crayons to find out. Discuss that more than half of our body and is important for lots of “jobs”. Since water is so important to our body, it is essential that we have enough each day. We do this by balancing the water that goes out of our body with how much water we take in through drinks and food, this is called hydration. Now we are going to watch a video that tells us more about what water does in our body and how to make sure we get enough water each day.
- Show video titled: Video Six: Hydration
 - This video will teach the students about hydration and dehydration, how important water is in our body, the functions it serves in our body, and how to balance water in with water out to stay hydrated.
- Make “Citrus Hydration Drink” with students to make hydrating fun.



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Citrus Hydration Drink

Ingredients:

- 1 cup water
- 1/2 lemon, juiced
- 1.5 oranges, juiced
- 1/16 teaspoon salt
- 1 teaspoon honey

Equipment

- Juicers
- Pitchers
- Measuring spoons
- Cups
- Wooden Spoons

Directions:

1. Measure 1 cup water and pour it into pitcher
2. In each group juice 1/2 lemon and 1.5 oranges and pour into pitcher
3. Add 1/16 teaspoon salt to the pitcher
4. Add 1 teaspoon honey to the pitcher
5. Each group member stirs 4 times each.
6. Pour into glasses. Enjoy!