


<h1>Healthy Water</h1> <p>Grade 3-6</p>	
Learning Objectives	Time: 30-45 mins
<p>Students will...</p> <ul style="list-style-type: none"> ✓ Know how important water is to their health and wellbeing. ✓ Know the signs and impacts of dehydration. ✓ Understand and apply knowledge of sugar in drinks. 	<p>Key Vocabulary and Terms</p> <ul style="list-style-type: none"> • Dehydration • Hydration • Nutrients • Digestion • Temperature • Energy • Nutritional Information • Sugar
Inquiry Questions	
<ul style="list-style-type: none"> – Why does your body need water? – What happens when your body doesn't get enough water? – Why should we avoid sugary drinks? 	
Teaching and Learning	Resources
<p style="text-align: center;">Orientation:</p> <p>Activity: Do you drink enough water? (5 mins)</p> <p>Purpose: encourage students to think about how much they drink water already. This will then be reassessed at the end of the lesson.</p> <p>Students record their self-assessment on the scale in one way or another. This could be on the board or perhaps with named 'post-its', etc. Record these answers where they will be visible for the rest of the lesson and available for reassessment later in the lesson.</p>	<p>Use provided slides to support all activities.</p>
<p style="text-align: center;">Body:</p> <p>Activity: Why does your body need water? Fact Sort (10-15mins)</p> <p>Purpose: Introduce that water is important for the body. Sort facts to uncover prior knowledge in students.</p> <p>Use the fact sort cards resource either in groups or as a class. Have students sort the facts into True and False categories.</p> <p>Once students feel confident, reveal answers, and use each one as a chance for discussion and questioning.</p> <p>Highlight the following to students:</p> <ul style="list-style-type: none"> - Your body needs water to survive and work properly - Water is essential for digestion of food - Water helps move nutrients around our bodies - Water lets us control our body temperature <p>Activity: Dehydration mind map and discussion (5mins)</p> <p>Purpose: Draw out student knowledge and help build understanding of dehydration.</p> <p>In groups or as a class, have students complete a mind map responding to this prompt: How do you know that you need to drink water?</p>	<p>Use provided slides to support all activities.</p> <p>Resource A: fact sort cards</p>

<p>Dehydration occurs when the body loses more fluids than it takes in...</p> <p>Dehydration causes:</p> <ul style="list-style-type: none"> • tiredness • dizziness • foggy brain; can't concentrate • a range of other impacts <p>Activity: Sugary Drinks: why are they bad? (10-15mins)</p> <p>Purpose: Discover the impacts of sugar on human health and apply knowledge by examining nutrition information present on sugary drinks.</p> <ol style="list-style-type: none"> 1. Ask the class to consider why we don't just drink things like energy drinks and chocolate milk to rehydrate. Discover what they may know already about the high sugar content in such drinks. Use physical examples of these drinks where possible. 2. Discuss the impact of sugar on the body: <ul style="list-style-type: none"> - Full of empty calories. This means energy without nutrients. - Bad for your teeth! - Setting you up for an energy CRASH. - Terrible for your heart, make you gain unhealthy weight, and are linked to lots of terrible diseases. 3. Use the 'How much sugar is in your drink?' resource to discuss recommended daily intake of sugar, as well as how to read nutritional information. 4. As a class or in groups have students apply knowledge by examining examples of sugary drinks. For each example students should: <ul style="list-style-type: none"> - Find the nutrition information label. - Identify how much sugar there is in the drink. - Answer this question: Does the drink have more or less than the recommended daily intake? Remember: for children this is 12 grams! <p>Activity: Reassess 'Do you drink enough water?' (5 mins)</p> <p>Purpose: prompt students to re-evaluate their position from earlier in the lesson. Enables a plenary discussion.</p> <p>Review the content of the lesson. Prompt students to consider if they still think their self-assessment from the beginning of the lesson is accurate.</p>	<p>Resource B: How much sugar is in your drink?</p> <p>Examples of sugary drinks like Coke, Big M etc.</p>
<p style="text-align: center;">Closing and Next Steps:</p> <p>Activity: Hydration Challenge.</p> <p>Purpose: Challenge students to change their (and their family's) water drinking behaviour.</p> <p>This take-home activity helps students engage their family with drinking less sugary drinks and encouraging healthy water habits. Once complete students could graph the results and compare with others.</p> <p>Extension Activity: Quiz</p> <p>Use the short quiz as a prompt to review some of the ideas and content from the lesson.</p>	<p>Resource C: Hydration Challenge table</p> <p>Quiz in slides</p>
Curriculum Links	
<p>Health and Physical Education:</p> <p>Level 3 and 4</p> <ul style="list-style-type: none"> - Identify and practise strategies to promote health, safety, and wellbeing. - Discuss and interpret health information and messages in the media. <p>Level 5 and 6</p> <ul style="list-style-type: none"> - Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities. 	