

LESSON: The Importance of Water (US)

LEARNING OBJECTIVES:

- Understand why water is important for the body
- Recognize and recall examples of different sources of water for the body
- Understand that different groups of people need different amounts of water
- Recognize situations in which more water is needed for the body
- Understand why we want to make water our drink of choice

LEVEL:



MATERIALS:

- Activity Sheet: Level 1 – How Much of Our Bodies Are Water?
- Activity Sheet: Level 1 – Importance of Water
- PowerPoint: Level 1 – Importance of Water (US)
- Quiz: Level 1 – Importance of Water (US)

LESSON:

Starter: The purpose is to introduce the importance of water for grades JK-1 and to teach students different ways in which they can meet their daily water needs. The lesson is designed to provoke critical thinking about the reasoning behind why we want to make water our drink of choice.

Section 1: Why is Water Important? What Does it Do for the Body?

*Ask Class: Why do you think water is important? What does it do for our bodies? *listen to response, create list together, recap and compare with the following**

Drinking water is very important for our bodies to stay hydrated (*hydrated* - having enough water for your body to work well and do its important jobs).

Did You Know? Most of our body is made up of water!

Water helps our bodies in many ways. Water helps to make our brains healthy, it helps us to move, and water even helps us to stay cool.

Ask Class: Can everybody stand up and run on the spot as fast as you can? How do you feel?

Warm and sticky? That is called sweating! Sweating is one way that your body loses water! Your body sweats in order to keep you cool. This can happen during exercise, like running and jumping, or even on a hot day! You even lose some water when you breathe!

Because you lose water during different activities, it is important to get enough water throughout the day. Replacing lost water will help to keep you hydrated and feeling great!

Section 2: How Much Water Do We Need?

How much water do we want to have in a day? Your daily water goals for both drinks and food should be between:

- 1.2-1.9L/day or 5-8 cups/day for **males and females ages 4-8***

**Educators Note: it might be helpful to have an in-class demonstration to show how much water 5-8 cups is. Try filling up a bucket one cup at a time, 5-8 times, to show children what their water goals should be.*

This amount of water is good, but it may change for different people. Your body also may need more water when you exercise or if it is hot out.

Ask Class: What do we think happens if we don't get enough water?

listen to response, create list together, recap and compare with the following

When your body is low in water, there are signals that your body makes to tell you that you need to have more water. We call this need for water, *dehydration* (*dehydration* - when your body does not have enough water to complete its important jobs).

*Ask Class: How do our bodies tell us that we need to have more water? Do you know of any signals or feelings you get from your body when you need more water? *listen to response, create list together, recap and compare with the following**

Answers: You might need more water if you: feel thirsty, have dry lips or headaches, or if you feel tired or dizzy. All of these are some of the signals from your body telling you that you should have more water.

Section 3: Where Does My Water Come From?

The best and easiest way to get lots of water is by drinking it. It is recommended to **make water our drink of choice.**

There are also many other ways for your body to get more water! You can get water from other healthy drink choices such as: plain milk and 100% fruit juices, or you can even get water from eating food!

Almost all food has water in it, but some foods have MORE water. Most foods with LOTS of water are foods in the **Fruits and Vegetables** food group. These foods are often JUICY and can also help you to meet your daily water goals!

Ask Class: Can you name some fruits and vegetables that might be full of water or juicy?

Answers: Tomatoes, peppers, cucumbers, melons, strawberries, oranges, peaches, apples, etc.

There are other drinks which have water in them, such as pop and soda. These drinks often have lots of added sugar! We don't want to have too much sugar, because having too much sugar can make us sick. It is best to only have these drinks once in a while.

We want to try to make water our drink of choice and eat lots of different foods with water in them to help keep us healthy.

Summary: Wrap-up and Take-Home Points

Water is very important for our bodies and it can help to stop us from becoming dehydrated. Remember to drink lots of water throughout the day and to have different foods which have lots of water in them as well!

**Educators Note: For further facilitation, use the assigned quiz to recap the key concepts and test knowledge learned in this lesson.*

Adapted from:

[1] Canada. Health Canada. (2019). Make water your drink of choice. In *Canada's food guide*. Ottawa, Ontario: Health Canada.

[2] Institute of Medicine (U.S.). (2004). *Dietary reference intake: Water, potassium, sodium, chloride, and sulfate*. Washington, D.C: National Academies Press.

REFLECTION NOTES: