



For The Student

Middle Primary Years 3 & 4

Week 14

Title: Wonderful Water

Theme: Hydration

Introduction

The human body contains an abundance of water. It is present in every cell in the body including skin, muscles, the brain and other organs. Water is a vital component of the cellular processes that occur to ensure the body functions at its best.

Every day, we lose water from our body when we breathe, go to the toilet, and sweat. Bleeding and vomiting can also cause fluid loss, but are much less common.

We need to replace our fluid losses with fluid intake. It is important to drink enough fluid each day to maintain the body's hydration level. If we don't drink enough, the body can become dehydrated. Dehydration can lead to headaches, dizziness, illness and poor concentration.

Athletes and people who are very active need lots more fluids because they sweat a lot. We all need to drink more when it's hot, compared to cooler weather, as we sweat more in the heat.

Fluid comes from many different foods and drinks. For example, fruit and vegetables contain some fluid, so does milk and yoghurt. Drinking is the most important way to get in enough fluid each day.

The Nutrient Reference Values for Australia and New Zealand (2005) recommends:

Children aged 4-8 years require **1.6L water/day of which 1.2L should come directly from drinking fluids**

Boys aged 9-13 years require **2.2L water/day of which 1.6L should come directly from drinking fluids**

Girls aged 9-13 years require **1.9L water/day of which 1.4L should come directly from drinking fluids**

(NHMRC, 2005)



Learning Task 1 - How Much is Enough?

Use the table above to work out how much fluid you should drink every day. Write this amount in the first column of the table below.

Bring your water bottle to class. Using a measuring jug measure the amount and number of times you fill and drink your bottle.

Day	Amount you should drink each day	The volume (millilitres) of your drink bottle	How many times do you need to empty the contents of your bottle each day?	Calculate the amount of water you drank today?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Do you think you drink enough each day?

Learning Task 2 – Best Fluids to Drink

As a class name and list as many different types of fluid you can think of.

Discuss the benefits of the fluids:

- **Water** is very hydrating and is the body's preferred fluid type;
- **Milk** is also hydrating and contains calcium to help strong bones;
- **Juice** is good but only a small glass occasionally, and 100% juice and with no added sugar (eating a piece of fresh fruit is better, and drinking a glass of water at the same time);
- **Cordial and Soft Drinks** contain too much sugar and are not appropriate fluids for good hydration or good health;
- **Energy Drinks** also contain too much sugar, additives, and caffeine, and can be very unhealthy and potentially dangerous for children.

According to the Australian Guide to Healthy Eating, how often should you consume these drinks?



Choose one fluid to compare to water, research and list all the sugar and additives in this product.

Name of Fluid: _____

List contents:

-
-
-
-
-
-

Would you choose water over this product? List your reasons:

Learning Task 3 - Water is best!

Prepare a classroom poster that educates the reader on how much fluid to drink each day and the best types to have. Use pictures from magazines, drink packaging, etc to create a colourful display.

Support materials and references

For Kids

1Seven article: [Top up your tanks](#)

1Seven article: [Soft drinks and Sugar](#)

1Seven article: [Healthy Snacks](#)