



## Lesson # 11

### Beverages: Water, Sodas and Juices

#### Time Table

**Total Time: 30 minutes**

- 2** Minutes: Introduction to Lesson
- 10** Minutes: *Beverage: Water, Sodas & Juices* PowerPoint Presentation
- 5** Minutes: Demonstration
- 10** Minutes: Activity: *Beverages-True or False?*
- 3** Minutes: Explain Take Home: *More Water*

**Goal:** Introduce children to the importance of drinking plenty of water and limiting intake of high-calorie dinks, such as sodas and juices.

#### Objectives:

Students will:

1. Understand the importance of drinking plenty of water every day to keep our bodies hydrated and healthy.
2. Understand how much water we need per day and when we should increase our fluid intake.
3. Understand the negative consequences of drinking juices, sodas, and other high calorie drinks.

#### Materials:

- PowerPoint: *Beverage: Water, Sodas & Juices* Presentation
- Demonstration:
  - 1 Transfer pipette
  - 2 Drinking straws
  - 1 Small bowl of water
  - 1 Spoon
  - Glue or similar textured product
- Activity: *Beverages-True or False?*
  - Pencils
  - Instructor's answer key
- Take Home: *More Water*

#### Instructions:

1. Begin the lesson with a quick review of the previous lesson on fruits. Ask students if they ate fruits last week and which ones.
2. Tell students that this week's lesson focuses on fluids, drinking water and other beverages such as sodas and juices.
3. Ask students if they know what they have in common with trees and plants. When they give up, tell them that you and trees all need water to stay alive. All living things must have water to survive, whether they get it from a water fountain, the rain, or the ocean.
4. Explain that without water, your body would stop working properly. Half of your body is made from water.

5. A person cannot survive for more than a few days without water. Why? Your body has lots of important jobs and it needs water to do many of them. For example, your blood needs water- as shown through this demonstration.

**Demonstration:**

**Procedure:**

- Collect all materials.
- Pour or pipette a small amount of glue through a straw. The glue will pass through the straw at a slow rate or will get stuck in the middle. Tell the students that this is similar to red blood cells flowing through your veins without water.
- Now, add a small amount of glue with some water and mix it well. The glue should be watered down and become a liquid consistency.
- Pipette the glue and water mixture into the second straw. The mixture should pass through the straw at a faster rate. This mixture resembles blood with water, which flows through the veins faster and can go to places it needs to.



**How much water do you need?**

We need around 8 glasses of water per day. Drinking tap or bottled water with meals and whenever you're thirsty are good ways to get enough fluid into the body. Most of the water we get is from drinking beverages, but some foods also contain water.

- Some fruits, vegetables and cooked beans have a lot of water in them.

**When does our body need extra water?**

Ask students if they know when we need more water and when they feel real thirsty. We feel thirsty when we play outside, when it's hot or humid, after we wake up and when we eat salty foods. Feeling thirsty is the body's way of saying it needs more water. Whenever you feel thirsty, listen to your body and give it water.

**Why do I need so much water?**

You need water to replace what your body loses through normal everyday functions. We lose water when we go to the bathroom, sweat, cry, and every time we breathe.

**What does water do in my body?**

When the body doesn't have enough water, this is called being dehydrated. Dehydration can slow you down and make you feel sick.

- Keeps the body from getting too hot.
- Converts food into energy.
- Gets rid of wastes through going to bathroom and sweating.
- Cushions the organs.

**Why is drinking water better then drinking sodas and juices?**

Your body needs fluids. Fluids are found in sodas, water, juices, eating fruits, or vegetables. However, tap water and milk are the best ways to provide your body with water.

- Sodas and juices supply water but they also contain a lot of sugar and other ingredients that our bodies do not need. Your body prefers plain water and not sugar.
- Give your body water, not sugary sodas or juices.
- 100% fruit juices may be ok to drink occasionally because it gives you servings of fruits and water. Make sure your juice bottles or boxes say they are 100% fruit juices.

**Student's Goal:** Drink 8 glasses of water every day! Instead of drinking sugary beverages, drink more milk and water. Follow the MyPlate guidelines by drinking or consuming at least one dairy with each meal through out the day.

**Activity:** *Beverages-True or False?*

- Hand out the *Beverages-"True or False?"* worksheets and tell students to answer the questions to the best of their knowledge.
- After the students have completed the activity, share the answers with them. The instructor's answer key is provided on the website.
- Collect the activity sheets and put them into each student's personal *Fit4kidz* binders or folders.

**Take Home:** *More Water*

- Print the *More Water* handout for each student.
- This activity will be sent home with the students. The students can get help from their parents or guardians to complete this activity. Teachers may ask students to bring the activity back to school to check for completion.