07/25 – Version 1

Healthy Water

Learning Objectives

Students will:

- 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.

Inquiry Questions

- Why does your body need water?
- What happens when your body doesn't get enough water?
- Why should we avoid sugary drinks?

Time	Approx 60 minutes
Curriculum Alignment	**Health and Physical Education > Levels 3 and 4** **Personal, Social and Community Health – Health Education > Contributing to healthy communities** Students learn about: - interpret the nature and intention of health information and messages in their community, and reflect on how these influence personal decisions and behaviours VC2HP4P09 **Health and Physical Education > Levels 5 and 6** **Personal, Social and Community Health – Health Education > Contributing to healthy communities** Students learn about: - investigate different sources, quality and types of health information and how these apply to their own and others' health choices VC2HP6P09
Key Vocabulary and Terms	• Dehydration • Hydration • Nutrients • Digestion • Temperature • Energy • Nutritional Information • Sugar

Teacher and Learning sequence	Resources
Orientation: **Activity:** Do you drink enough water? **Time:** 5 Minutes **Purpose:** encourage students to think about how much they drink water already. This will then be reassessed at the end of the lesson.	Use provided slides to support all activities.
Body: **Activity**: Why does your body need water? Fact Sort **Time**: 10-15mins. **Purpose**: Introduce that water is important for the body. Sort facts to uncover prior knowledge in students. Use the **fact sort cards** resource either in groups or as a class. Have students sort the facts into True and False categories. Once students feel confident, reveal answers, and use each one as a chance for discussion and questioning. Highlight the following to students: - 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	Use provided slides to support all activities. **Resource A:** fact sort cards
Activity: Dehydration mind map and discussion **Time**: 5mins. **Purpose**: Draw out student knowledge and help build understanding of dehydration. 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? Dehydration occurs when the body loses more fluids than it takes in... Dehydration causes: • tiredness • dizziness • foggy brain; can't concentrate • a range of other impacts	
Activity: Sugary Drinks: why are they bad? **Time**: 10-15mins. **Purpose**: Discover the impacts of sugar on human health and apply knowledge by examining nutrition information present on sugary drinks. 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**: - 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: - 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!	**Resource B: How much sugar is in your drink?** Examples of sugary drinks like Coke, Big M etc.
Activity: Reassess 'Do you drink enough water?' **Time**: 5 mins. **Purpose**: prompt students to re-evaluate their position from earlier in the lesson. Enables a plenary discussion. 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.	
Continuing learning and extension	**Resources**
Activity: Hydration Challenge. **Purpose:** Challenge students to change their (and their family's) water drinking behaviour. 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. **Extension Activity: Quiz** Use the short quiz as a prompt to review some of the ideas and content form the lesson	**Resource C: Hydration Challenge table** Quiz in slides.