

# WATER & NUTRITIOUS BEVERAGES

## LEARNING OBJECTIVES

By the end of this module, students should be able to:

- state the importance of keeping the body well-hydrated.
- tell the minimum amount of water intake required for children aged 6-9 years old.

## MATERIALS

### Lesson 1

- file: **GR01\_M05\_Lesson 1 Powerpoint**
- bond paper (one sheet per student)
- coloring materials
- bottle containing 6 glasses of water
- 6 medium sized plastic glasses

### Lesson 2

- semi-dry potted plant
- bracelet made of blue and white yarn

## REMINDERS

### Letters to the Parents

Each module comes with a letter to parents explaining the key points that our students are learning in class. The letter also encourages parents to model healthy nutrition habits at home. We hope that through these circulars, parents will become involved in their child's learning process. Please remember to photocopy and distribute the corresponding parent circular at the start of each module. These letters can be found in the folder marked 'Letters to Parents.'

### Rubrics

Many of the activities in these modules serve as formative assessments for you to gauge each student's progress. You may use the PDF file named 'Rubrics' as a guide for grading major outputs and performance tasks.



## MODULE OVERVIEW

Dear Teacher,

This Module Overview is a summary of the key learning points that we want our students to understand and master by the end of this module. These key learning points are presented in the powerpoint presentation that accompany this module. The supplementary activities further reinforce these key points.

### KEY POINTS

1. It is important to drink enough water every day.
  - a. Drinking water helps to cool down our body. When our body feels hot, we perspire, and the perspiration cools us down.
  - b. Drinking water helps to remove waste (i.e. urine and stool) from our body.
  - c. Water can be found in our blood, so water actually helps in bringing nutrients all over our bodies.
  - d. Water helps our skin and eyes from becoming dry.
2. Children aged 6–9 years old should drink 6 or more glasses of water each day.
3. If you feel thirsty, it means that your body needs some more water. Do not wait until you feel thirsty before you drink water.

# Lesson 1



## LET'S GET STARTED



5 Mins.

1. Bring a large bottle that contains six glasses of water. Ask your students to guess how many glasses of water it contains.
2. Once a student guesses correctly, ask the class, “Did you know that you are supposed to drink this much water throughout the day? How many of you drink this much water every day?” (Emphasize that they are not supposed to drink six glasses all at once, but spread out during the day.)
3. Take out the plastic glasses and fill them with water until the bottle is empty. Help the students realize that this is the number of glasses they are supposed to be drinking throughout the day.

Introduce the lesson by telling your students that there are some drinks which aren't good for the body, like soft drinks. Instead of soft drinks and sugary drinks, encourage your students to drink clean water and nutritious beverages, like milk, every day.



## LISTEN & LEARN



15 Mins.

1. You will need the file **GR01\_M05\_Lesson 1 Powerpoint** for this lesson. Open the PDF file, and at the top menu bar, select VIEW > Enter Full Screen. This places one page of the PDF file on the computer screen, and you can scroll up or scroll down to go through each page like a powerpoint slide.
2. This presentation talks about the importance of drinking enough water every day. Discuss the key points on each slide with your students, and encourage them to ask any questions they may have.



## WATER ME WELL



20 Mins.

1. Distribute one sheet of bond paper per student and coloring materials.
2. Ask the students, “Why is it important to drink enough water and nutritious beverages every day?”
3. Allow the students to give their own answers, but stress the following points from your presentation:
  - a. Water cools down our body.
  - b. Water helps to remove waste (i.e. urine and stool) from our body.
  - c. Water can be found in our blood, so it helps to bring nutrients all over our bodies.
  - d. Water keeps our skin and eyes from becoming dry.
4. Challenge the students to draw a picture of themselves and what they will look like if they drink enough water and nutritious beverages everyday.
5. They should also include six glasses of water and nutritious beverages in their drawing.
6. Collect these “self-portraits” for the culminating activity at the end of the program.

## LET'S WRAP THIS UP

Call on some students to describe one thing they learned that they can share with a friend or family member.



Before dismissing the class, instruct your students to make a bracelet out of blue and white yarn at home, and bring it to your next class. You may include a note in their homework notebook to inform parents of this requirement.

## Lesson 2



### LET'S GET STARTED



10 Mins.

1. Show the students a semi-dry potted plant. Allow the students to pass it around. Ask them:
  - a. What do you think happened to this plant?
  - b. What does the plant need?
2. Encourage the students to share their answers. Explain to them that all living things need water just like us.
3. Remind your students that when they are thirsty, it's a sign that their body needs water. Tell them that they should not wait until they are thirsty before they get a glass to drink.



### LET'S TRY THIS



20 Mins.

Play a game of charades with your students. You will act out some clues that show when it is a good time to drink water. You may act out the first few scenes, then ask a student to take your place. Here are some scenes:

1. Drink water with every meal.
2. Drink water before going to school.
3. Drink water while waiting for teacher.
4. Drink water while playing with friends.
5. Drink water while reading a book.
6. Drink water while watching TV.
7. Drink water while doing assignments.

### WATER PROMPTER



10 Mins.

1. Instruct the students to bring out their blue and white bracelets. You may need to have some extra bracelets ready for those who were not able to bring. These bracelets can be made of blue and white yarn braided together and knotted to fit the child's wrist.
2. Tell the students to put on their bracelets. These bracelets will help them remember to drink water when they are at home. Every time they see their bracelet, they should go to the kitchen and get a glass of water.
3. Instruct the students to inform their family members what the bracelet is for, and that they should keep the bracelet on at all times.

### LET'S WRAP THIS UP

Ask some students to share how they will describe to their family members what the bracelet is for.

## NOTE TO TEACHER

Refer to the PDF file named “Culminating Activity” for a description of the concluding activity for this program.