

MODULE 5 WATER & NUTRITIOUS BEVERAGES



It is important to drink enough water every day.



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When our body feels hot, we perspire, and the perspiration cools us down.





Drinking water helps to remove waste (i.e. urine and stool) from our body.



Water can be found in our blood, so water actually helps in bringing nutrients all over our bodies.



Water helps our skin and eyes from becoming dry.



Children aged 6-9 years old should drink 6 or more glasses of water each day.





Aside from drinking 6 or more glasses of water each day, we should drink nutritious beverages, such as milk, which has calcium for strong bones and teeth.

