

MODULE 5



Good Food, Good Life



WATER & NUTRITIOUS BEVERAGES

LEARNING OBJECTIVES

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

- recall the minimum amount of water intake required for children aged 6-9 years old.
- discuss the importance of keeping the body well-hydrated.
- promote healthier eating in the family by encouraging family members to include water and nutritious beverages with each meal served at home.

MATERIALS

Lesson 1

- 3 large bottles, each filled with six glasses of clean drinking water
- plastic glasses (assign students to bring their own)
- file: [GR02_M05_Lesson 1 Powerpoint](#)
- file: [GR02_M05_Lesson 1 Worksheet](#)

Lesson 2

- Water Chart (homework from previous week)
- file: [GR02_M05_Lesson 2 Worksheet](#)

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 that accompanies this module. The supplementary activities and worksheets 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.
4. Aside from drinking 6 or more glasses of water each day, drink nutritious beverages such as milk which has calcium for strong bones and teeth.
5. We should always encourage each member of our family to drink enough water and nutritious beverages every day.

Lesson 1



LET'S GET STARTED



25 Mins.

1. Bring three large bottles. Fill each bottle with six glasses of clean drinking water.
2. Set aside two of the bottles first and just show the students one bottle. Ask your students to guess how many glasses of water it contains.
3. 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.)
4. Ask the students to bring out their glasses, as assigned during the last session. Some students will have large glasses, some will have small glasses.
5. Call on six students who have large glasses. Put water in their glasses until your bottle is empty. Tell the students that this is what six glasses of water looks like. They should have this many glasses of water every day.
6. Next call on students who have small glasses, smaller than the standard size. Bring out your second bottle, and fill in their glasses until your bottle is empty. Count the number of glasses you were able to fill - if their glasses are very small, you should have filled more than six.
7. Help the students realize that if they use small glasses at home, they need to drink more glasses of water.
8. You may use the last bottle to give other students some water. Allow some students to go to the nearest water fountain to get a drink.



LISTEN & LEARN



25 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.



Before dismissing the class, distribute the Water Chart in file **GR02_M05_Lesson 1 Worksheet**. Tell your students that they should count the number of glasses of water they drink every day. They should also invite others in their household (i.e. parents, siblings, relatives) to do the same. The chart includes a note to parents that explains this homework.

Dear parents,

This week, we are learning about the importance of drinking water everyday. Below is the recommended amount of daily water intake:

- o 6 - 9 years old: 6 glasses or more per day
- o 10 - 12 years old: 8 glasses or more per day
- o 13 to 18 years old: 9 - 12 glasses or more per day

Please help your child learn this important habit by encouraging him or her to drink 6 glasses or more everyday. For the next few days, have your child color a glass each time he or she drinks an entire glass of water.

They have also been instructed to encourage another member of the family to track their drinking habits. Please photocopy this page for one or two other members of your family who will do the same for the whole week.

Please have your child bring this chart on _____ date _____.

WATER CHART

Day	Number of Glasses of Water That I Drank
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Name: _____ Section: _____

Lesson 2



LET'S GET STARTED



25 Mins.

1. Instruct the students to take out their homework from the previous week (Water Chart).
2. Select five students whose charts indicate that:
 - a. they drank the minimum number of glasses every day, and
 - b. they were able to convince someone in their household to do the same.
3. Ask these students to come to the front of the class and describe how they were able to achieve this.
4. After sharing, instruct these students to return to their seats. Ask the students to raise their hand if they drank milk every day the past week.



WATER TIME



20 Mins.

1. Distribute copies of the file **GRO2_M05_Lesson 2 Worksheet**.
2. Group the students into groups of six to seven members. Ask them to think of different times of the day when they should drink a glass of water. Help them recall the examples from last week's lesson:
 - a. before going to school
 - b. while waiting for the teacher
 - c. after playing with friends
 - d. while watching TV
 - e. while doing assignments
 - f. at all meals
3. In the boxes, they should draw the times of the day when they will remember to drink water. They are not limited to the examples in the powerpoint, they can come up with their own.
4. You may collect these drawings for assessment purposes, but return them to the students and encourage them to post these on their kitchen wall or refrigerator at home.

Name: _____	Section: _____	
Family Beverage Goals		
Now's a good time for a drink!		

NOTE TO TEACHER

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