

TEACHER GUIDE

Hydration

KEY MESSAGES

1

Water is important and good for us because: it hydrates and keeps our body healthy, controls body temperature, helps us digest food and helps remove waste from the body.

2

It's best to avoid other beverages such as chocolate milk, juices, soda and lemonade because many contain added sugar and colors.

3

Make sure to drink water with all meals and snacks, and whenever you feel thirsty. Did you know that by the time you feel thirsty, you already may be dehydrated?

4

You also can make water more fun by adding sliced fruit squeezing fresh fruit, or choosing sparkling water.

5

Choose water over beverages with added sugars and colors to help you feel energized and hydrated.

PART 1: ACTIVATE PRIOR KNOWLEDGE

Discuss: Ask students what they already know about the topic. Model your thought process, for example: "When I drink water I feel refreshed!"

- Why do you think it's important to drink water?
- When should you drink water?
- What happens if you don't drink enough water?

PART 2: LEARN

Watch section 1 of the video as a whole group.

- Pause the video after section 1.



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PART 3: PROCESS

Discuss: Ask questions about what they have learned in the video so far.

- Why do our bodies need water?
- How can you know if you are dehydrated?
- What are some ways we can add flavor to water without adding sugars or colors?

Recap: Summarize the prompts and ideas shared before moving on

Introduce: Give an overview of what to expect in section 2 of the video

Connect: Explain why exercise and movement is important:

- We need to be active for one hour every day to stay healthy
- Drinking plenty of water is important because it keeps us hydrated so we can exercise, learn and play!

PART 4: GET ACTIVE

Watch section 2 of the video as a whole group

- Follow along and exercise!



PART 5: CLOSE

Discuss: Choose students to share on each prompt.

- What is one new thing you learned about water?
- What can you do to make sure you get enough water? Model your thought process. For example “Hmm. I don’t think I drink quite enough water. So I am going to start drinking a glass of water every morning when I wake up, so I can start the day off right!”

Extend Learning

Nutrition Mission: Drink a glass of water with every meal and snack this week.

Parent take-home: Encourage students to share the handout with their “grown-ups” and discuss what they’ve been learning.