

④ October Lesson: Hydration Station

Goals:

- *Students will learn the importance of staying hydrated*
- *Students will learn consequences of dehydration*
- *Students will learn that water is best beverage choice*

Audience: 4th

Optional Craft, Activity or Snack:

- *Wuice (Recipe)*
- *Smoothie (Recipe)*
- *Elephant Tag*

Materials:

- Hydration Station visual
- Water
- Liquid Measuring Cup
- Large (clear) cup

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 4.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly.
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

Lesson:

Raise your hand if you know what it means to be dehydrated.

Being dehydrated means that your body does not have enough water.

Did you know that over 60% of our bodies are made of water? We need water in order for our bodies to function properly. (Show slide)

Today, we are going to learn why our bodies need water, and how much water we need to stay healthy.

(Slide #2). Water helps regulate our body temperature. Our body temperature is tightly regulated between 97 and 100 degrees Fahrenheit. If our body temperature exceeds 100 degrees, also known as having a fever, we can get very sick. By drinking water, we can keep our body temperature in a safe range. This is why when we get sick, we are told to drink plenty of fluids.

Have you ever noticed on a hot day that you feel very thirsty? Drinking water is one way for our body to stay cool.

(Slide #3). The second reason we need water is because it helps transport nutrients to all the cells in our bodies. Raise your hand if you have ever been tubing in a lazy river. The water helps push you along all the twists and turns. Inside our bodies, water acts the same way. It helps deliver vitamins, minerals and nutrients to all our cells. If we don't drink enough water, it is much harder for the nutrients to travel to our cells. Wouldn't it be hard to go swimming in a lazy river if the water levels were low?

(Slide #4) Water also helps protect our organs and our tissues. When we play sports, we protect the outside of our bodies with helmets and pads. One way to protect the inside of our body is to stay hydrated.

(Slide #5) Finally, water helps remove waste. Inside our bodies, our liver and kidneys filter waste products. We need water to carry the waste products away. We excrete these wastes when we go to the bathroom.

How do we know if we are dehydrated?

Our body will let us know if we need more water. Here are a few signals:

1. We feel thirsty. Thirst is our body's signal that we need water ASAP!
2. We haven't gone to the bathroom in a long time. Remember water helps remove waste. If we don't go to the bathroom every few hours, the waste will build up.
3. We feel dizzy, light headed, or get a headache. Remember that water helps deliver nutrients to all the cells in our body. We might feel light headed if our cells don't get the nutrients we need.

How much water do we need each day?

At a minimum, we need at least 5 cups of water each day. However, most active kids need between 6 to 8 cups every single day. You may need more if you are very active, if you are sick, or if it is hot outside.

What does a cup of water look like?

I'm going to fill this cup with water, you tell me to stop when you think I've filled it with exactly one cup.

(Once the class tells you to stop, pour the water into the liquid measuring cup to see how close they came).

Raise your hand if you would like to share tips on how to make sure you drink enough water.

(Bring a water bottle to school, drink water with meals and snacks).

Resources: http://kidshealth.org/kid/stay_healthy/food/water.html?tracking=K_RelatedArticle