

## Lesson Title: Hydration

### Learning Objectives:

- Assess the health benefits of water
- Recognize the proper amount of fluid needed every day

### Opening:

On the white board, draw an outline of an 8 ounce cup of water (see below). Then, have a few students share out how many cups of water they have on an average day. For the students that share, draw tally marks with how many cups of water they stated they have on average. Then, underneath, draw an outline of 7 cups of water. Ask the students to raise their hand if they think they have that much water each day, on average.



### Essential Content:

- The body is composed of 75% water, but water is lost daily through perspiration and elimination of waste. Loss of fluids can lead to dehydration, which compromises healthy body function.
- Twenty percent of daily water consumption comes from food, while the other 80% comes from drinks; therefore, it's important to look at what we drink on a daily basis to ensure we maintain proper hydration.
- Teenagers need approximately 7-10 cups (1,800-2,600 mL) of water per day.

Ask students: How many more cups of water do you need to have to be fully hydrated?

Now, let's talk about common hydration mistakes.

#### **1. Consuming energy drinks**

- One can of Red Bull contains 111 mg caffeine, which is above the recommended 100 mg for teenagers.
- Side effects of energy drinks can include migraines and insomnia.
- After two cans of energy drinks, blood pressure increases by 6.2%, on average.

#### **2. Consuming sports drinks**

- Sports drinks are high in sugar and low in nutrients.
- They are best consumed in combination with water and ONLY when performing vigorous physical activity longer than 60 minutes or more than two hours of outdoor activity.

#### **3. Consuming specialty drinks**

- Drinks made with syrups and flavored milk add unnecessary sugar and calories, which can lead to overeating and weight gain.
- One Starbucks Venti Java Chip Frappuccino contains 88 g of sugar and 110 mg of caffeine.

Recommendations:

- Eliminate fruit juices by adding a piece of cucumber or lemon to water. This provides a refreshing drink without the added sugar.
- Substitute tea for energy drinks. Tea contains antioxidants and can aid in weight loss.

**Activity:**

Guided Practice: Before this lesson, collect different types of drinks. It is recommended to have one energy drink, one sports drink, one coffee drink, a bottle of water, and a soda. If you are unable to collect the actual drinks, you can use printed out pictures of each of the drinks. Then, as a class, have students line the drinks up in order from most sugar to least sugar.

Independent Practice: Create a water-infusion bar with various fruits and vegetables. Have the students make their own combination of infused water. They can taste test different options and find one they like best.

**Closure:**

Tell students to imagine that they are teaching the importance of water to a friend who missed the lesson. In two sentences, how would you summarize why you need to drink water?