

Materials	Paper, markers
Learning Outcome	Recognize water as an important drink and identify how to make water your drink of choice.

## Description

**Note:** While we hope to encourage children to choose water as their drink of choice, we recognize that there are communities in Canada that do not have consistent access to safe, free drinking water. Approach this activity with support and sensitivity.

Ask the child why drinking water is so important for our health. Share that water makes up over half of our bodies and present the following facts.

- Your brain and heart are composed of about 75% water.
- Your blood is composed of about 90% water.
- Water carries nutrients and oxygen to all cells in the body.
- Water helps us to breathe.
- Water helps our bodies stay at the right temperature.
- Water protects and cushions important organs in our body.
- Water helps to convert food into energy.

Explain to the child that our bodies lose water by sweating, getting rid of waste, and even by breathing! It is important to replace this water. Invite the child to think about how they replace water in their body by thinking about when, where, and how much water they drink throughout the day.

Share with the child that they can also replace water by eating certain foods (e.g. a peach is composed of mostly water) or by drinking other healthy beverages such as white milk and unsweetened fortified plant-based beverages (e.g., soy beverage or almond beverage).

## Description

Invite the child to create a sign to share ideas for how to drink more water. The child chooses 2-3 ideas and draws and labels them on a piece of paper. If they need support with ideas, you can share the following information with the child from Canada's Food Guide.

- Drink water hot or cold
- Drink water with your meals
- Carry a reusable water bottle when you are out or at school
- Ask for water when you are eating out
- Try flavouring water with natural ingredients like fruits or herbs or drink carbonated water
- Drink water during and after physical activity or playing sports
- Keep a pitcher of water in the fridge or on the table for easy access

Ask the child to share and explain their drawing when they have completed it.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *Do you have any examples of when you could make water your drink of choice over another drink choice?*
- *What would you say to someone if you were to explain why it is important to choose water over other drink choices?*