

Materials	Paper, markers, fruits and herbs to flavour water (optional), computer or laptop (optional)
Learning Outcome	Recognize the role water and other fluids play in our bodies and create naturally flavoured water to drink.

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.

Share with the youth that there are so many choices of drinks to choose from but that it is important for your health to drink plenty of water. This is because our bodies lose water by sweating, getting rid of waste, and even breathing. It is important to stay hydrated with water and to try to avoid drinks that contain a lot of calories, sugars, sodium, and saturated fat. Also share with you youth that thirst can also be quenched with foods that are high in water (e.g., a peach is almost 90% water). Additionally, [Canada's Food Guide](#) also includes white milk and unsweetened fortified plant-based beverages such as soy beverage and almond beverages as other healthy drink options.

Explain to the youth that one way some people drink more water is by adding fruit or herbs to it in order to add flavour. According to [Canada's Food Guide](#), you can add the following to water to flavour it:

- Blackberries & mint
- Raspberries & cucumber
- Strawberries & fresh basil
- Chopped apples & cinnamon stick
- Pear slices & drop of vanilla extract

Description

Ask the youth if they can think of any other fruits or herbs to add to water to flavour it. If the ingredients are available, encourage the youth to make flavoured water choosing from the fruits and herbs from the list above or using their own recipe. Support the youth with chopping the fruit or herbs if needed. If the ingredients are not available, ask the youth to choose one of the options they would like to try.

After making or choosing their flavoured water, challenge the youth to come up with a name and slogan for their water. Design it on the computer or on a piece of paper and ask them to share their design with you.

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 youth the reflection questions below and discuss the answers together.

- *Do you think you need to drink more water? If so, what food or drinks could you substitute water for?*
- *You created a name and slogan for your flavoured water. How do you think advertising is part of selling different flavours of drinks?*