

Water:

The Beverage of Life



Set up

- **Set up the computer and projector**
- **On the laptop, open the “Water... Beverage of Life” PowerPoint presentation**
- **Set up buzzer system, using 4 of the buzzers and make sure all are working**

Beginning the Station

- Explain that they will be playing a game in which they will buzz in and give answers to questions related to the importance of water to our human bodies
- Divide the group into 4 groups, with each group having their own buzzer that they will take turns using
- Proceed through the presentation
- Once a student has a chance to buzz in, they need to let the next student have a chance

**What drink has no smell, no color,
no taste and no calories, but we
must have must have it every day
to survive?**

A. Soda

B. Milk

C. Water

D. Sports Drink

Water



- **Water is the beverage of life!!**
- **Water has no smell, color, taste or calories---these things are added to water**
- **Did you know that you can survive about 6 weeks without food, but you can't live more than 1 week without water?**

Our bodies are about ____ water.

A. 10%

B. 25%

C. 75%

D. 100%



C. 75%

- **There is more water in our bodies than any other substance—just like earth**
- **Body organs contain water:**
 - **muscle (about 73% water)**
 - **blood (about 83% water)**
 - **body fat (25% water)**
 - **even bones contain some water**

**True or False:
Almost every function
of the human body
requires water.**



True

- **Water is found inside and around the cells of the body**
- **Almost every function of the human body requires water including transporting nutrients and oxygen throughout the body, eliminating wastes, and regulating our temperature**
- **Water also helps many of our medications work properly**

WATER

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR
BODY TEMPERATURE

HELPS CARRY
NUTRIENTS
AND OXYGEN
TO YOUR
CELLS

MOISTENS
OXYGEN
FOR BREATHING

MAKES UP 83%
OF YOUR BLOOD

HELPS CONVERT
FOOD TO
ENERGY

REMOVES
WASTE

PROTECTS AND
CUSHIONS YOUR
VITAL ORGANS

COMPOSES 22%
OF YOUR BONES

HELPS YOUR BODY
ABSORB NUTRIENTS

CUSHIONS YOUR
JOINTS

MAKES UP 75% OF
YOUR MUSCLES



How do we get the water we need every day into our bodies?

- A. Drinking water & other beverages**
- B. Eating food**
- C. Sweating**
- D. Only A & B**

D. Only A & B

- We lose water through sweating, urination and breathing, so we must “refill” our bodies daily
- Many drinks and foods contain water
- During hot, humid weather or lots of physical activity, you will lose more fluid, so drink more water to keep you hydrated

**Which drink provides our
body calcium, protein and
vitamins A and D.**

A. Water

B. Soda

C. Milk

D. Orange Juice



C. Milk

- Calcium and Vitamin D build strong bones and teeth
- Vitamin A promotes growth and health of cells in the body
- Protein helps repair the body and build muscles

**This drink provides
our body with vitamins
A and C.**

A. Water

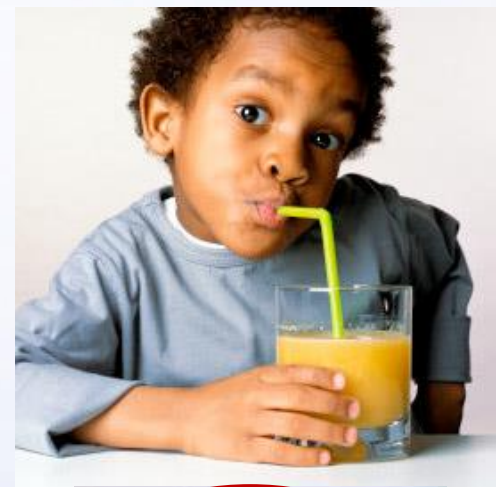
B. Soda

C. Milk

D. Fruit Juice

D. Fruit Juice

- Vitamins A and C promote growth and health of cells and tissues throughout the body
- Be sure you choose 100% juice beverages – other juice drinks have lots of added sugar, colorings and flavorings
- Eating the fruit itself is even better than juice!



100% Juice	
Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container about 7	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Sugars 22g	
Protein 2g	
Vitamin C 120%	Calcium 35%
Vitamin D 25%	Thiamin 10%
Niacin 4%	Vitamin B ₆ 6%
Folic Acid 15%	Magnesium 6%
Not a significant source of: dietary fiber, vitamin A and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	
Calories per gram	
Fat 9 • Carbohydrates 4 • Protein 4	

This drink helps replace fluids, provides calories, and restores nutrients to the body that are lost through sweat?

A. Water

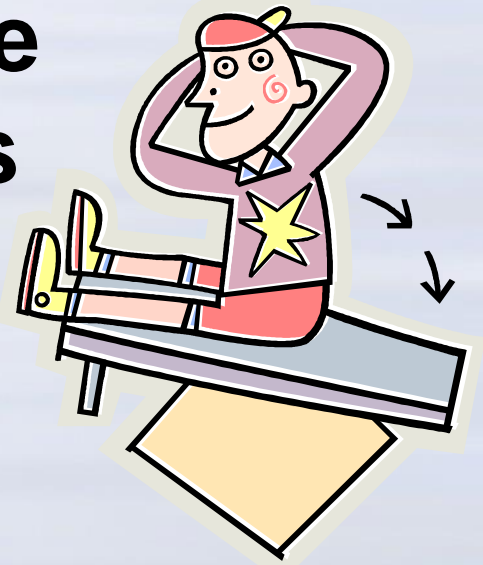
B. Soda

C. Sports drink

D. Fruit Juice

C. Sports drinks

- Water is best if you are active or exercising for less than 90 minutes
- Sports drinks may be a better choice for activity or exercise lasting more than 90 minutes



Is bottled water safer
than tap water?



Yes or No

NO

- Both are tightly regulated by the government to ensure safety
- Some people prefer the “taste” of bottled water
- Tap water contains fluoride which helps teeth fight cavities
- Bottled water is easy to carry and take along, but may be expensive

**To help you stay hydrated,
limit drinks that
contain_____?**

A. Flavorings

B. Caffeine

C. Colorings

D. Sweeteners

B. Caffeine

- Caffeine causes your body to lose water
- Caffeine is in many teas, coffees and sodas—these also have lots of sugar that we don't need
- To stay hydrated, your best drink choices are water, milk and 100% fruit juice



What are some signs of dehydration?

- A. Thirst and dry mouth
- B. Feeling tired
- C. Headache
- D. High body temperature
- E. All of the above



E. All of the above

- **Only when your body has enough water can it do its best!**
- **Drinking enough water helps you feel, think, act, speak, and do your best**



