



Drink Think™

Classroom Activities

Water, the All Seasons Drink

Trivia: A person can live about a month without food, but only about a week without _____? (Water)

Key Learning Concepts: Our body is 66% water, and our brain is 75% water. No wonder water is the beverage our body depends on! The benefits of drinking water include:

- regulates body temperature
- removes by-products and toxins from your body
- transports oxygen and nutrients to body cells

When it's hot outside and we are active, we sweat, and get thirsty. This reminds us to drink water to cool down and stay hydrated. But, the colder winter months sneak up on us. Colds and flu, holiday travel, plus just not feeling thirsty can make us forget to drink enough water to stay hydrated.

Even mild dehydration can decrease normal brain functioning and have a negative impact on learning. Frequent opportunities for kids to drink water can improve their ability to learn.

Activity: Drink Think™ Reporters

1. Have students work in groups of two and interview each other about their drink choice habits. Questions to include are:

- What drink do you pick when you're thirsty?
- What drink do you choose most often for meals? Snacks?
- How often do you drink water during the school day? (Remember to discuss options such as recess, at my desk, lunch, between classes)
- Think about summer versus winter. Do your drink choices change? Why or why not?
- List the top three beverages you drink. Did water make the top three list?

2. Have the student groups report results. Compile results on the board and create graphs to show findings. Discuss what was discovered about the class drink choice habits.

3. Ask the students to set personal goals to **Drink Think™** and include more water during the school day.

4. Write a class news article for the school newspaper or website sharing water facts, trivia, reported findings about their class drink choices habits, and offering simple tips to **Drink Think™** with water all year round! Promote water as the all seasons drink!

Nestlé Pure Life has partnered with Healthy Kids Challenge to help raise awareness among families about the caloric impact beverages can have on daily intake, and the importance of establishing healthful beverage habits at an early age.