

Grade: 3 & 4

Why safe drinking water is important

Students will be able to:

- understand how difficult it once was to stay healthy and clean
- learn how lucky we are in Australia, we have access to clean and safe water
- discover how much of our body is made up of water

Lesson Details:

1. Lets turn the clock back.

Have your students pretend they are living in Hobart town in the 1830's. There are no flushing toilets, water is carted to the home in buckets from the local Hobart rivulet, there are no sinks or drains, used water is tipped into the same rivulet that people are taking their drinking water from.

Complete a role play of a spending a day in 1830 using the following scenes:

1. Water carter, someone has to carry buckets of water from the rivulet and take disused water back again.
2. It's bath day, that will mean a lot of trips to the rivulet.
3. A basin in the bedroom may have been used for washing hands and faces, that had to be changed daily.
4. There were no hot water cylinders, water had to be heated over an open fire.
5. There were no flushing toilets, maybe a tin can in a discrete place.
6. The frequency of hand washing may have been limited due to difficult access to water supplies.
7. Washing food prior to eating may have been rare.
8. Brushing teeth was unheard of and probably not practical.
9. Washing clothes was hard manual labour, time consuming and used lots of water, this would've been a rare occurrence.
10. People were frequently sick from drinking dirty water. Many people died in Hobart in the mid 1850's from Cholera through drinking water contaminated by sewage. Do your students think it would've been hard to keep healthy and clean back then?

Curriculum Links

Grade 3

Science

- ACSHE035

Literacy

- ACELY1676
- ACELY1792

Geography

- ACHGK019

History

- ACHHK061
- ACHHS065
- ACHHS067

Grade 4

Science

- ACSSU072
- ACSSU073
- ACSHE062

Language & Literacy

- ACELA1488
- ACELY1687
- ACELY1688

Geography

- ACHGK019

History

- ACHHS081
- ACHHS083

Personal, Social, Com. Health (G 3 & 4 combined)

- ACPPS036, ACPPS039

Lesson Details continued:

2. Turn the clock forward to 2015.

Even today, there are still many countries around the world that struggle with accessing safe drinking water. In less than 200 years, while western countries have made great advancements in providing safe drinking water, there are still hundreds of thousands of people dying everyday from contaminated water. Explore why the water is so contaminated. Why do people die from drinking it?

Have students research some of those countries and learn about the daily struggle to source water, to keep clean and to stay healthy.

Go to: <http://thewaterproject.org/health> to learn some facts.

3. The impact of contaminated water.

More than 2 billion people do not have access to clean drinking water and more than half of the people on our planet will walk at least two hours a day to get water.

The most disturbing fact is that around the world a child will die every minute from drinking contaminated water.

4. Water for health.

Our bodies are made up of mostly water. When a baby is born, 80% of their body is water and as we grow old it decreases to 65%. Our bones are 25% water with our brains being 80% water.

If two thirds of our bodies are made up of water, it makes sense then that the best way to look after our health and nourish our bodies is to drink water. Rehydrate with water every time.

Lesson Reflection:

1. What are the impacts of drinking contaminated water?
2. If water is difficult to source, how does this impact our health?
3. What can we do to help countries that don't have access to safe drinking water?
4. Why is drinking water better for you than soft drinks, cordials and fruit juices?

Did you know?

Drinking fluoridated water helps to prevent tooth decay. Water helps control your body temperature and protects organs and helps to remove waste.

More Information

Contact our Education Officers who can visit your classroom and share some engaging water activities with your students. Alternatively visit our website, complete an online request form and our Education Officers will contact you.

Email: education@taswater.com.au

Website: www.taswater.com.au

Additional Activities

In collaboration with students develop a poster advocating the benefits of safe drinking water. Make comparisons with countries that don't have the same access to safe water. What are the outcomes of contaminated water? Highlight where your safe drinking water comes from and encourage the school community to drink from the tap - a safe water supply.