

Grade: Prep

How water cares for us

Students will be able to:

- learn how their body relies on water to be healthy
- understand that drinking water is a better alternative to sweet drinks
- recognise that plants and animals all need water to survive

Lesson Details:

1. How does water keep us healthy?

Trace the outline of one of your student's body onto a large sheet of butchers paper. Divide into thirds and get your students to paint two thirds of the outline. Explain to students two thirds represents how much of our body is made up of water.

Ensuring we drink enough water is important for regulating our body temperature so we aren't too cold or hot (sweating). Water helps our bodies to grow (cell renewal and distribution) and removes waste from our bodies (urination).

Water is also important for hygiene and keeping us well. We wash our hands before we eat food and after we go to the toilet. We shower or take baths to keep our skin and hair clean and healthy.

2. Why is water good for us?

Ask students what they think would happen if we didn't drink enough water.

Discuss dehydration and side effects such as headaches, tiredness, crankiness and poor concentration.

Encourage students to drink a glass of water and share how they feel afterwards.

Line up five glasses of water (1.2 litres) and discuss how much water they should drink each day.

Water can be consumed as fruit with a high water content such as watermelon. Have some slices prepared to share.

Remind students on really hot days or when exercising they should drink more frequently.

Curriculum Links

Science Understanding

- ACSSU002

Science as a Human Endeavour

- ACSHE013

Science Enquiry Skills

- ACSIS011
- ACSIS014

Mathematics

- ACMNA002
- ACNMNA005

Personal, Social & Community Health

- ACPPS003

Did you know?

Plants need water to survive, taking it through their roots. Tiny pores on leaves open and close to allow the exchange of water and gas.

Lesson Details continued:

3. Rethink that sugary drink.

Explore why relying only on cordials, fruit juices or soft drinks is not a good idea. Encourage the students to identify what is bad about drinking sweetened drinks.

Some responses should include:

- sweet drinks will not quench thirst, rather increase it
- our bodies do not cope well with the extra load of sugar and it has to store it as extra weight
- the extra sugar contributes to tooth decay

Show students a 250 ml bottle of soft drink or fruit juice, then measure out in a bowl six teaspoons of sugar. Talk about how much sugar they would be consuming. Sugary drinks cost money, tap water costs much, much less and is better for you.

Lesson Reflection:

1. Students should be able to tell you why water is better than sugary drinks.
2. Encourage them to suggest how water cares for us.
3. Ask them to monitor how frequently they need to provide fresh clean water to their pets.

4. Plants and animals need water to survive.

Do any of your students have pets at home?

- A cat or dog, a goldfish, a rabbit?
- Do some of them live on a farm where there are cattle, horses, chickens or sheep.
- How do these animals access water?
- What would happen to them if we didn't make sure they had water?

Do any of your students have vegetable gardens at home?

- A raspberry patch or fruit trees in a pot?
- Maybe they live on a large farm where cropping occurs?
- What happens when seeds or plants are first placed in the ground?
- What happens when the weather becomes warmer?
- Who is responsible in their homes for making sure pets and gardens have water regularly?

Get the students to draw their pets or gardens and show on the drawings how water is provided.

More Information

Contact our Education Officers who can visit your classroom and share some engaging 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

For a period of one week, ask students to note how many days they drink the equivalent of five glasses of water. Provide a card that can be stamped if they achieve a minimum of five drinks in one day. Provide a certificate at the end of the week. Celebrate with all children by sharing a fruit platter with yoghurt.