



# WATER... MY BEST FRIEND!

**FOR YOU:** in this short text you will find some tips and news about water: it's clear, transparent, good to drink and... it is the most important allied for our wellness! It is needed for all the activities of our body, but it goes away very quickly, so it is important to drink enough water every day! Talk about it with your teacher and your classmates: what news has impressed you the most? What did you already know about water and what is new instead? Find it out reading this paper!



**DID YOU KNOW THAT...** The human body is made for more than a half of water?!?! It's easy to understand that we need water! It is paramount to reintroduce in the body all the water lost during the day.



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# WATER... MY BEST FRIEND!

## WATER IS THE BEST SOLUTION AGAINST THIRST... BUT ALSO FOODS CAN HELP!

Our body needs water more than food. If we don't eat for a couple of days we suffer a lot, but we can survive. If we don't drink instead, we really risk to die in a few days! For example, have you noticed what happens to plants in summer if you don't water them every day? After just a few hours they wilt and die. The same thing happens to us if we don't drink for some days. Water is essential to make our body work, but we lose it by sweating, breathing, crying and peeing. To recover the naturally lost fluids we must drink, and the best thing to quench our thirst is drinking water, because it doesn't contain sugar, which can be harmful for our health when we get too much of it. Water could also found in foods. For example, milk is almost totally composed by water, beyond other nutrients as calcium for our bones; soups are rich in water too; fruits and vegetables contain huge quantities of water. Instead, biscuits, toasted bread and other dry foods are poor of water because they lose it all during the baking in the oven. So if you eat a lot of dry foods you must to drink more water

## HOW MUCH SHOULD I DRINK?

When you're thirsty it means that your body is already suffering for the lack of water: you should drink before you start feeling thirsty. It's recommended to drink at least 8-10 glasses of water every day, especially when it's hot, when we make sport or when we are sick.

**WHAT SHOULD I DRINK?** In the absence of water, you could drink some home-made fresh fruit juice, some herbal tea or a fruit infusion. Remember that drinking packaged fruit juices is not like drinking water or eating a fruit, because they are rich in sugar which, as we already said, could be harmful for your body. Other drinks such as cola or orangeade, fruit syrups or sport-drinks can contain huge quantities of sugar, and we should drink them just occasionally.



**WHICH FOODS CONTAIN MORE WATER?** Fruit and vegetables, of course! They give us a lot of useful substances, protect us from illnesses and help us introducing a lot of water in our body. In fact, a body full of water works really better than a thirsty one! Have you ever noticed that when you are thirsty you can't think of something different than drinking a glass of fresh water as soon as possible? That's because water is necessary to survive. Cooked pasta or rice contain water too, because they absorb it during cooking and then become softer. Meat and fish lose water during cooking, instead. Foods that need to be baked in the oven such as biscuits or crackers are almost deprived of water, as it evaporates during the baking process at high temperature.

## DO IT WITH YOUR TEACHER AND CLASSMATES!

### *The water calendar*

This activity could be carried out in the classroom with all the students.

*Objective:* Understanding the adequate water consumption.

#### *How to play:*

Each child draws a weekly calendar on the notebook. Each day must be divided into “morning”, “afternoon” and “evening”.

Every time children drink a glass of water, they draw a glass or make a cross on the calendar.

This way, children can control how much water they have drunk during the day, and especially they can check if they have drunk enough!

Remember: we should drink at least 8 glasses of water every day.

	MORNING	AFTERNOON	EVENING
MONDAY	X X X	X X X	X X
TUESDAY	X X X X	X X X	X
WEDNESDAY	X X	X X X	X X X
THURSDAY	X	X X X X X	X X X
FRIDAY	X X X	X X	X X
SATURDAY	X X X	X X	X X X
SUNDAY	X X	X	X X X X X

## *The crazy drop*

This game improves resistance, agility, balance, coordination and team working.

### *How to play:*

Each child is now a drop of water!!

Since the drop of water tends to join the other drops, the aim of this game is to reach the other children, who try to run away.

Once a child touches a classmate, they become a bigger unique drop of water, giving each other the hand.

Each drop of water (a single child or a group of children) has the same aim: become bigger!

At the end, there will be one only big drop of water, and the first child will give his/her hand to the last one, making the crazy drop closing into a circle composed of all the children!



# WATER... MY BEST FRIEND!

**FOR YOUR FAMILY:** water is important for everybody's health. Let's find out its properties through the games proposed. We wish you a good read!

## DO IT WITH YOUR FAMILY!

### *My water diary.*

Complete a water diary during the weekend when you're at home. Every member of the family should have her/his own water diary of the weekend.

To know if you drank enough water during the day, draw 8 glasses for Saturday and 8 glasses for Sunday.

Make a cross on a glass every time you drink a glass of water: you will know if you'll have drunk enough water during the day!



## *The home-made press - find out how much water there is in the foods*

Find out with your mum and dad how much water is contained in each food!

Take a vegetable, a piece of cooked meat and a biscuit.

Put the vegetable between two sheets of kitchen paper and press them with the bottom of a glass.

Draw with a pen or a marker the shape of the water that wets the kitchen paper.

Repeat the same process for all the foods and then compare the three shapes. Which one is bigger? So which food contains more water? Were you surprised?

My comments/What I think:

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# Water functions and requirement

**Regulates body temperature**

**Brain consists of 90% water**

**Transports nutrients and oxygen into cells**

**Bone consists of 22% water**

**Moisturizes the air in the lungs**

**Blood consists of 83% water**

**Helps the metabolism and absorption of nutrients**

**Muscle consists of 75% water**

**Protects and moisturizes joints**



**You are made of 70% water!**



**You should drink up to 8 glasses of water every day to maintain your water content**



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