Drinking Water

Sip Smart!

Goal: Keep track of how much water you drink every day by creating a chart. Share the importance of drinking plain water and how it helps the body.

[Tip]: Label a cup to help keep track of how much water you drink.

Why is this important? Staying hydrated is important for the body. It helps maintain body temperature and keeps you mentally alert/focused.

References: Savanovitch, C., & Sauvant-Rochat, M.-P. (2013). An Educational Resource Based on Water and Health as a Teaching Aid in French Primary Schools Part I: Identification of Needs and Content. Education Sciences, 3(3), 300–313. MDPI AG. https://files.eric.ed.gov/fulltext/EJ1118008.pdf

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