

## Water Curriculum

### Summary

Students drink water every day but rarely think about how their bodies need and use water. With this curriculum, students will learn why water is the healthiest drink of choice, why water is better to drink than sugary beverages and what changes were made at their school so that they can locate the new water stations that provide treated, safe and tasty water.

Students are provided promotional, reusable water bottles as an easy and eco-friendly way for the students to get water. These reusable bottles allow students to carry water with them throughout the day.

At schools, bottles can be kept on-site (e.g., in the cafeteria or classrooms) or students can bring them to/from school.

Students are introduced to “Wally the Water Droplet” mascot and can be provided a “WATER – It’s the healthiest choice!” activity book. This book is used as supplementary activity to review and reinforce learning.

### Important Note to Teachers!

As you conduct this training, remember to emphasis that **not all schools and student homes have safe drinking water**. If the tap water does not meet legal water quality standards, it is important to encourage the students to continue to drink bottled water.

Classroom Time: 60 minutes

Audience: Young Children

Preparation






- Promotional Materials:
  - Wally Posters that encourage drinking tap water
  - Water Fountain Safety Signs that identify and locate safe water stations around campus
  - Promotional water bottle provided to each student
  - Wally the Droplet activity booklet (available in English and Spanish)
- Activity Materials: Gallon jug filled with water, 1- 2 liter soda bottle filled with water, two-cup liquid measuring cup, 1 box of sugar cubes, 1 empty 20 ounce cola bottle, 4-5 sweetened drinks to display for activity, markers and poster boards.
- Video (Optional): Share the Love, Share the Water, The University of California, San Francisco Department of Pediatrics, Philip R. Lee Institute for Health Policy Studies, and the Center for Vulnerable Populations at San Francisco General Hospital have launched a new video in English and Spanish to encourage families to drink water.






Videos can be found:





English: <https://www.youtube.com/watch?v=aJjDoKIN7Lw>




Spanish: <https://www.youtube.com/watch?v=KpOQ2sHD5u8>

## Lesson Key:

Icon	Description
	Gives you an idea of what to say. It is not meant to be read verbatim; however, you can summarize the information provided and speak to the students using your own words.
	Prompts you to ask the students a question.
	Wally activity book prompts you review information and complete activities with students.
	Prompts you to view a video.
	Represents important information and/or activities for the instructor to emphasize with students.

	<h2>INTRODUCTION</h2> <p>Today we're going to talk about water and why it is so healthy for us. Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar found in juice, soda and sports drinks. Water is the healthiest choice,</p> <ul style="list-style-type: none"> <li>• Water is good for your teeth</li> <li>• Water is good for health and performance</li> <li>• Water is inexpensive</li> <li>• Best of all, water tastes good!!</li> </ul>
	<p><b>Not all schools have safe drinking water.</b> If the tap water does not meet legal water quality standards, it is important to encourage the students to continue to drink bottled water.</p>
	<p>Introduce students to their Wally the “Water Droplet” activity book – Page 1.</p> <p><b>Note:</b> Activity books are available in English and in Spanish.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>

	<p>This is Wally the “Water Droplet”. Wally drinks water every day so he has more energy to play and learn! Fill up your bottle and drink plenty of water so you can grow big and strong, just like Wally the Water Droplet!</p>
	<p><b>Why do we need water?</b></p>
	<p>Did you know that water is even more important than food to your body because - your body is mostly water?</p> <p><b>Yes, it's true!</b></p> <p>Our bodies are approximately 60 percent water. Did you know water can be found in your:</p> <ul style="list-style-type: none"> <li>• <b>Eyes:</b> Tears wet your eyes (blink to demonstrate).</li> <li>• <b>Joints:</b> Water lubricates our joints, allowing them to move smoothly (move elbows and knees).</li> <li>• <b>Blood:</b> Blood is just water with cells in it. Many of the cells are red so our blood looks red.</li> </ul>
	<p><b>Activity: 1: How Much Water is in an Average Person’s Body?</b></p> <p>Learning outcomes: Students will learn about the importance of water to the human body.</p> <p><b>Materials Needed</b></p> <p>Gallon jug filled with water</p> <p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Place a one-gallon jug full of water in the front of the room.</li> <li>2. Direct students to stand.</li> <li>3. Tell students you are going to start counting and that when you reach the number of gallons of water that they think is in an average person’s body, they should sit down.</li> <li>4. Start to count. You will need to count up to ten. Our bodies contain at least ten to twelve gallons of water or fluid.</li> </ol>

	<p>Did you know our bodies are approximately 60 percent water? We need to replace the water our bodies lose during the day - everyday! If it weren't for water, our bodies wouldn't operate properly - just like a car with no gasoline.</p> <p>Wally needs energy to play, so he drinks water every day!</p> <p>Some ways your body loses water are:</p> <ul style="list-style-type: none"> <li>• When it's hot!</li> <li>• When you have a temperature</li> <li>• When you are active (playing sports, running, etc.)</li> <li>• When you go to the bathroom</li> <li>• Even when you breathe in and out...you lose water!</li> </ul>
	<p><b>Activity 2: Losing and Replacing Water in Your Body</b></p> <p><b>Learning Outcome:</b> The following activity teaches students that we can replace water that our bodies need by drinking plenty of water.</p> <p><b>Materials Needed</b></p> <p>Two-liter soda water filled with water Two-cup liquid measuring cup w/ ml measurements</p> <p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Show students the two-liter container.</li> <li>2. Tell them this is the amount of liquid that an average adult will lose every day.</li> <li>3. Ask one student to pour out 400 ml into a measuring cup.</li> <li>4. Tell them this is how much fluid you lose just from breathing.</li> <li>5. Explain most people need eight to twelve cups of water daily from drinking water and other beverages. Emphasize the importance of drinking and the preference for water.</li> </ol>
	<p><b>Did you know water was good for your teeth?</b></p>





Wally knows that not only does drinking water taste great, it also keeps his teeth healthy and protects them from tooth decay and cavities!

Drinking sugary drinks can be very bad for your teeth.

- Sugary beverages like soda, juice, and sports drinks feed the bacteria in your mouth, allowing tooth decay and cavities to set in.
- Drinking water promotes overall health and development.
- Unlike soda, water doesn't contain any sugar or calories.



### Activity 3: Show Me the Sugar!

Learning outcome: The following activity teaches students how much extra sugar and sweetener is added to sodas and other sweetened beverages.

#### Materials needed

- 20 ounce cola bottle
- 1-2 boxes of sugar cubes (one bag filled with 17 sugar cubes)
- 4-5 sugary drink bottles—full or empty (see suggested list)
- Box of sugar cubes

#### Instructions

1. Show students how to calculate the amount of sugar in a sugary drink using the information on the side of the beverage.



Example: Coca Cola (65 grams of sugar)




$65 \text{ grams of sugar} \div 4 = 16.25 \text{ teaspoons of sugar}$   
 (round up to 17 teaspoons)




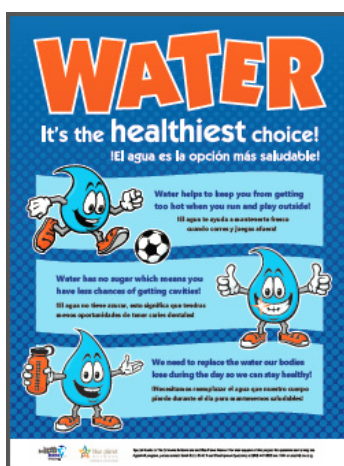

2. Show students what 17 teaspoons of sugar looks like by placing 17 sugar cubes in front of a 20 ounce cola.
3. Pick four to five of the following sugary beverages from the following list and display them at the front of the room. Ask for volunteers to guess how many teaspoons are in each drink and place the number of sugar cubes in front of the drink.






Drink	# of sugar cubes
8 oz. Unsweetened tea (0 tsp)	0



	8 oz. Whole milk (3 tsp)	3
	20 oz. Flavored milk (8 tsp)	8
	20 oz. Sports drink (12 tsp)	12
	16 oz. Sweetened tea (13 tsp)	13
	20 oz. Lemonade (14 tsp)	14
	20 oz. Fruit drink (14 tsp)	14
	20 oz. Chocolate milkshake (14 tsp)	14
	20 oz. Energy drink (17 tsp)	17
	20 oz. Coca-Cola (17 tsp)	17
	20 oz. Orange juice (18 tsp)	18
	20 oz. Slush drink (20 tsp)	20
	20 oz. Cranberry juice (20 tsp)	20
	16 oz. Orange drink (21 tsp)	21
	Not only is water good for your teeth, it is good for your brain. Keep water handy to help you: <ul style="list-style-type: none"><li>• Stay focused.</li><li>• Concentrate on the lesson.</li><li>• Improve your test scores.</li><li>• Make you less sleepy, more alert.</li><li>• Not miss out on a lot of good learning!</li></ul>	
	Wally the “Water Droplet” – Posters	

	
	<p>“What happens when you are playing outside on hot days?” (Kids will say, “You sweat!” - If they don’t, say it for them.) “Well, that sweat helps to cool us down, especially if we stop and stand in the shade and drink some water when we get too hot.</p> <p>Wally knows it is important to drink lots of water when he is outside playing with his friends.</p> <p>Remember to always:</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids before, during and after activity.</li> <li>• Carry a water bottle and make sure you know where the hydration stations are located.</li> <li>• Drink lots of water even when you do not feel thirsty.</li> <li>• Wear light-colored clothing when spending time in the sun.</li> <li>• Be especially careful if you exercise in warm, humid weather.</li> </ul>
	<p><b>Speaking of safe water stations, can anyone tell me if they have seen one of these signs or Agua4All logo?</b></p>

	<p>The following information about tap water applies <u>only</u> to any filling station that has the Wally signage and Agua4All logo around campus and the community are safe to drink.</p> <p><b>Remember, not all school campuses have safe drinking water.</b> If the tap water does not meet legal water quality standards, it is important to encourage the students to continue to drink bottled water.</p>
	<p>Review Wally signage and Agua4All logo that points Out “safe” Water Stations (if applicable).</p> <div data-bbox="381 682 690 1123">  </div> <div data-bbox="706 661 1047 1123">  </div> <div data-bbox="1047 1029 1226 1123">  </div>

	<p>Not only is tap water the healthy choice for your body it is great for your budget – less than one cent per gallon!</p> <p>Did you know:</p> <ul style="list-style-type: none"> <li>• Tap water costs less than one cent per gallon, making it less expensive than other beverages</li> <li>• Drinking tap water instead of one bottled beverage every day can save up to \$350 a year. That's the price of a new mini iPad!</li> </ul> <p>Wow! What a deal!!! Drinking water is the easiest and cheapest thing you can do for good health.</p>
	<p><b>Remember, not all schools and student homes have safe drinking water.</b> If the tap water does not meet legal water quality standards, it is important to encourage the students to continue to drink bottled water.</p>
	<p><b>Can anyone tell me how to make water taste more delicious?</b></p>
	<p>Review ways to make drinking water more fun.</p> <ul style="list-style-type: none"> <li>• Flavor it: Some people, especially kids in the habit of drinking juice or sports drinks, think water is too plain. Don't fight with them. Splash in a little lemon or lime juice. Throw in frozen fruit (raspberries work great for this), or mint leaves. You'll add enough flavor to get them to drink it, which is what's important.</li> <li>• Get it icy cold: Kids love ice. Even for adults there's something fun and a bit festive about clinking cubes in a glass.</li> <li>• (Optional) Print and hand out <u>Spa Water recipes – English and Spanish</u> (under Water Promotion category) for the students to take home and get creative with fun water recipes that make the water in their water bottle taste fun.  <a href="http://healthylivingforlife.org/tools.php">http://healthylivingforlife.org/tools.php</a></li> </ul>
	<p><b>Activity 4: Be the Change You Want to See</b></p> <p>Learning Outcome: Students generate ideas to promote drinking tap water to peers and the community.</p>

	<p>Materials Needed</p> <p>Colored markers, poster board</p> <p>Instructions</p> <ol style="list-style-type: none"><li>1. Direct students to the <u>Draw Wally</u> page in their activity booklet. Have students practice drawing Wally.</li><li>2. Using a big poster board, draw Wally.</li><li>3. Ask students to think about what they just learned and provide you with different reasons why it is good to drink water. Write the reasons on the poster board next to Wally.</li><li>4. Hang the Poster board in the classroom to remind the students about the importance of drinking water.</li></ol>
	<p>Wrap Up</p> <p>Encourage students to bring and use their water bottles at school every day and complete the pages in their activity books at home.</p> <p>Encourage students to share the information in their activity book, handouts and brochures with their parents.</p>