

WATER & NUTRITIOUS BEVERAGES

LEARNING OBJECTIVES

By the end of this module, students should be able to:

- explain the importance of drinking the right amount of water and nutritious beverages every day.
- reflect on one's own drinking habits.
- identify ways to make drinking the right amount of fluids a daily habit.
- help their peers identify changes in daily habits that will increase the quantity of water that they drink each day.

MATERIALS

Lesson 1

- Beverage Bingo Card (one copy per student)
- video: **Module 5 Water and Nutritious Beverages**
- *cartolina* (one sheet per group)
- permanent marker (one or two per group)

Lesson 2

- long bond paper (one sheet per group)
- coloring materials

REMINDERS

Letters to the Parents

Each module comes with a letter to parents explaining the key points that our students are learning in class. The letter also encourages parents to model healthy nutrition habits at home. We hope that through these circulars, parents will become involved in their child's learning process. Please remember to photocopy and distribute the corresponding parent circular at the start of each module. These letters can be found in the folder marked 'Letters to Parents.'

Rubrics

Many of the activities in these modules serve as formative assessments for you to gauge each student's progress. You may use the PDF file named 'Rubrics' as a guide for grading major outputs and performance tasks.



MODULE OVERVIEW

Dear Teacher,

This Module Overview is a summary of the key learning points that we want our students to understand and master by the end of this module. These key learning points are presented in the video presentation that accompanies this module. The supplementary activities further reinforce these key points.

KEY POINTS

1. It is important to drink enough water every day.
 - a. Drinking water helps to cool down our body. When our body feels hot, we perspire, and the perspiration cools us down.
 - b. Drinking water helps to remove waste (i.e. urine and stool) from our body.
 - c. Water can be found in our blood, so water actually helps in bringing nutrients all over our bodies.
 - d. Water helps our skin and eyes from becoming dry.
2. Children should drink the recommended amount of water daily:
 - a. 6–9 years old: 6 glasses or more each day
 - b. 10–12 years old: 8 glasses or more each day
3. If you feel thirsty, it means that your body is already dehydrated and needs to replenish lost water. Do not wait until you feel thirsty before you drink water.
4. Aside from drinking 8 or more glasses of water each day, drink nutritious beverages such as milk which has calcium for strong bones and teeth.
5. It is important to be aware of our own drinking habits and identify ways by which we can increase the amount of fluids we consume each day.
6. We should also help our peers identify ways to increase the amount of fluids they consume each day.

Lesson 1



LET'S GET STARTED



10 Mins.

1. Photocopy the Beverage Bingo card (at the end of this module) and distribute one copy per student.
2. Instruct students to read each box carefully. At the go-signal, each student must go around the room and try to find a person that fits one of the descriptions written in the squares.
3. That person must sign in the box containing the description that pertains to him or her. Each person can only sign a student's Beverage Bingo card once.
4. The first five students to complete signatures for five squares in a straight line whether horizontal, diagonal, or vertical, win this game.



WATCH & LEARN



10 Mins.

1. You will play the video for this lesson: **Module 5 Water and Nutritious Beverages**. Before playing the video, ask the students to look for the answers to the following questions as they watch:
 - a. What is dehydration? What are the signs of dehydration?
 - b. How much water should you drink every day?
 - c. When should you drink water?
 - d. Give some examples of nutritious beverages.
2. After watching the video, give students 3-4 minutes to compare their notes with their seatmates' notes. While comparing notes, they should look for key points in their seatmates' notes that they were not able to include in their own notes. They can add the points that they missed to their own notes.
3. Call on some students to share some of the key points that they missed while watching the video, which they were able to get from their seatmate.



THE GREAT WATER CHALLENGE



30 Mins.

1. Divide the class into groups of 7-8 members, or you may retain the groupings from the previous lesson.
2. Challenge the students to come up with a list of ways to remind themselves to drink water everyday. For instance, they can fill up a jug with the minimum number of glasses of water that they are supposed to drink in a day. If they consume all the water in the jug, they will know that they have consumed the amount that they were supposed to consume.
3. Students may jot down their list in their notebooks. Give them a few minutes to brainstorm before distributing one sheet of *cartolina* per group.
4. Instruct students to copy the following chart on the sheet of *cartolina*.

Day

Number of Glasses of Water That I Drank This Week

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



5. Each day, students are to keep track of the number of glasses of water that they drank. When they come to school the following day, they should write their name on the glass that corresponds to the same number of glasses. The image below shows an example of three students:
- a. Amanda drank 9 glasses on Monday
 - b. Enzo drank 12 glasses on Monday
 - c. Luis drank 7 glasses on Monday

Day

Number of Glasses of Water That I Drank This Week

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



The group that consumes the most number of water during the week wins this challenge.

Lesson 2

CHALLENGE ACCEPTED!

1. Instruct the students to return to their groups from the last session. Their task for the day is to come up with some flyers that describe the strategies that they found to be most effective in reminding them to drink more water.
2. Give the students some time to select some strategies and describe these on a sheet of long bond paper to form a flyer. Each group should come up with at least three flyers
3. Each group will share their flyers with the rest of the class.

LET'S WRAP THIS UP

Ask some students to share one thing that they will start doing as a result of what they learned in class.

NOTE TO TEACHER

Refer to the PDF file named "Culminating Activity" for a description of the concluding activity for this program.

YOUR DRINK AND YOU BINGO CARD

Drinks about 8 glasses of water a day	Does not like the taste of water	Likes <i>sago</i> at <i>gulaman</i>	Can answer this question: How many glasses of water must we drink in a day? _____	Favorite drink is soda
Drinks a chocolate malt beverage with breakfast	Favorite drink is orange juice	Likes to drink iced tea	Has tried coffee	Can answer this question: What drink is white, and is rich in calcium? _____
Likes cold <i>calamansi</i> juice	Can list down at least three health benefits of water	FREE SQUARE YOUR DRINK AND YOU! FREE SQUARE	Does not like the taste of water	Will only drink water when it is cold
Does not like milk	Does not like to drink cold water	Drinks about 8 glasses of water a day	Drinks more soda than water in a day	Drinks a chocolate malt beverage with breakfast
Does not like the taste of water	Favorite drink is <i>buko</i> juice	Can answer this question: What makes soda sweet? _____	Drinks water during or after playing sports	Likes to drink iced tea