

Wellness

CAMPUS



MODULE 5 WATER & NUTRITIOUS BEVERAGES



WATER

It is important to
drink enough
water every day.



WATER

Drinking water helps to cool down our body. When our body feels hot, we perspire, and the evaporation of sweat cools us down.



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WATER

Drinking water helps to remove waste (i.e. urine and stool) from our body.



WATER

Water can be found in our blood, so water actually helps in bringing nutrients all over our bodies.



WATER

Water helps our skin and eyes from becoming dry.



WATER

Children and adolescents should drink the recommended amount of water daily:

- 6-9 years old: 6 glasses or more each day
- 10-12 years old: 8 glasses or more each day
- 13-18 years old: 9-12 glasses of water or more each day.



WATER

If you feel thirsty, it means that your body needs some more water. Do not wait until you feel thirsty before you drink water.



WATER

If we do not get enough water, we may experience the following:



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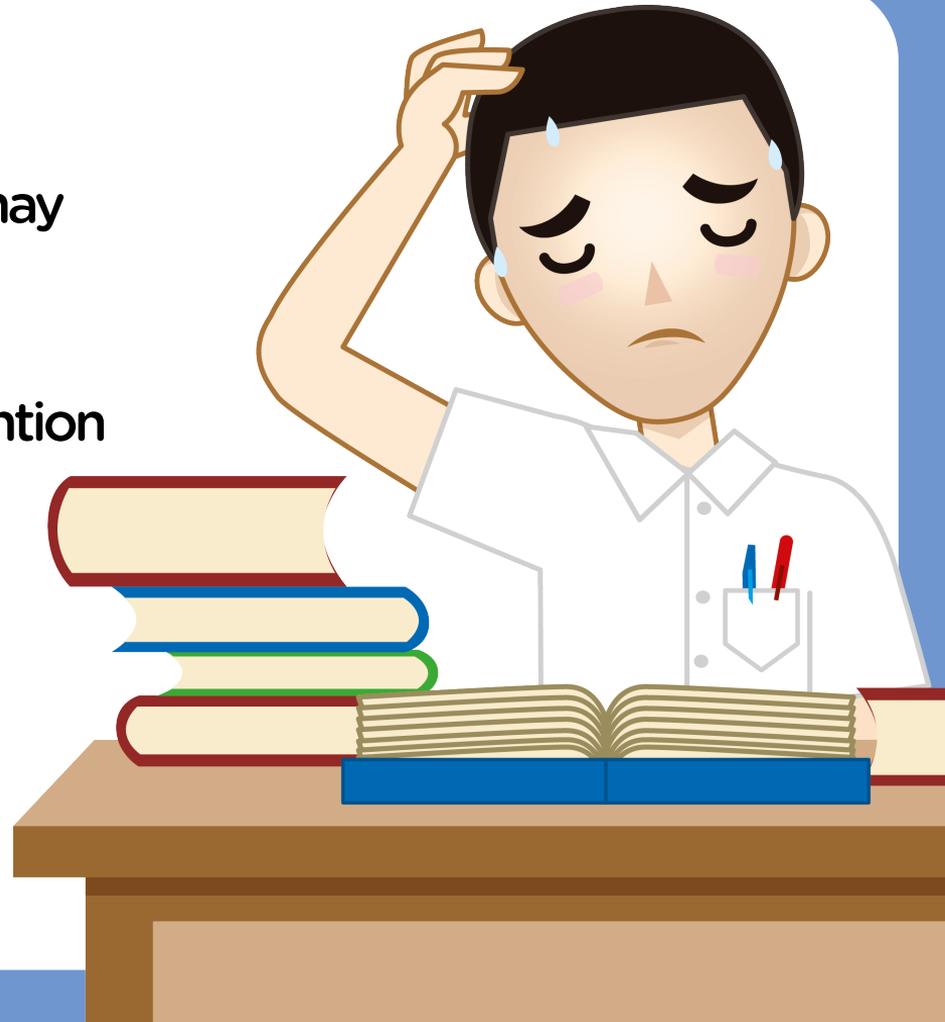
- headaches



WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention



WATER

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- headaches
- difficulty focusing or paying attention
- dizziness



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- headaches
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- dizziness
- dry skin, lips and mouth



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- headaches
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- dizziness
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- hard stool



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- headaches
- difficulty focusing or paying attention
- dizziness
- dry skin, lips and mouth
- hard stool
- less frequent urination



WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention
- dizziness
- dry skin, lips and mouth
- hard stool
- less frequent urination
- darker colored urine



MILK

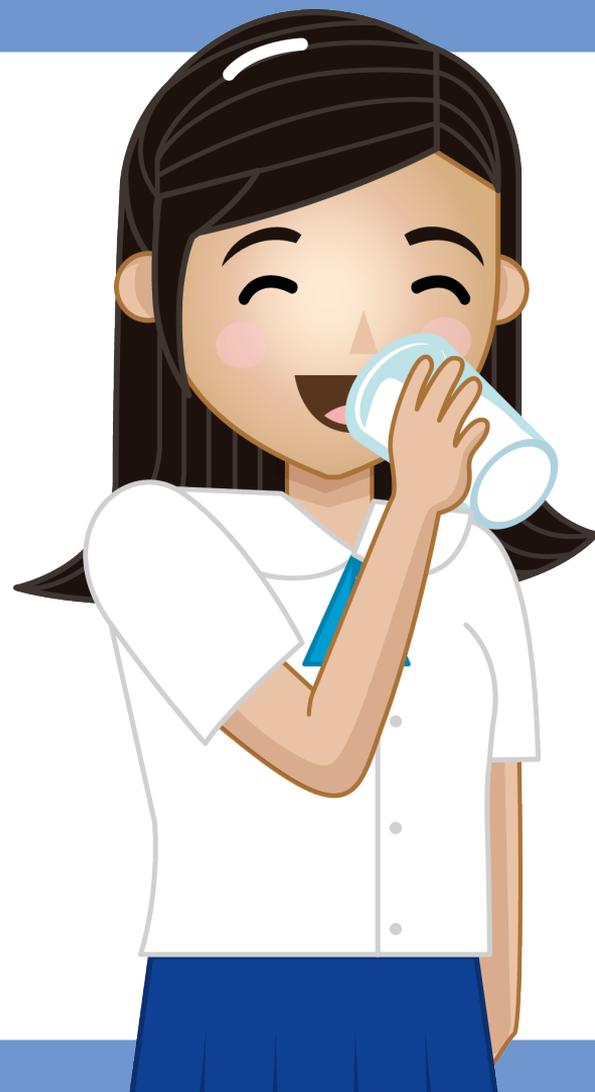
Aside from drinking 9 to 12 or more glasses of water each day, drink nutritious beverages such as milk.



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Milk prevents calcium deficiency.



FUNCTIONS OF CALCIUM

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- maintains strong bones



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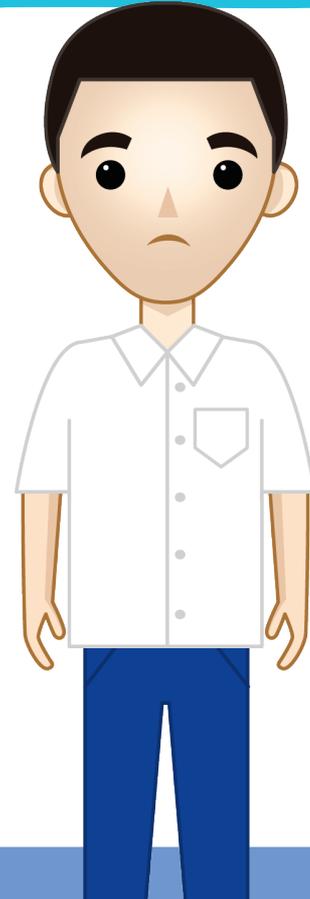
- maintains strong bones
- needed for other body activities such as muscle contraction and blood clotting



SIGNS & SYMPTOMS OF CALCIUM DEFICIENCY

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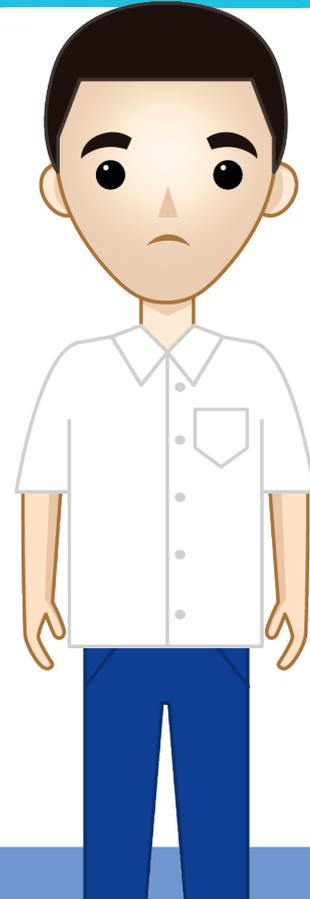
- porous bones, a condition called osteoporosis



SIGNS & SYMPTOMS OF CALCIUM DEFICIENCY

- porous bones, a condition called osteoporosis.

Individuals with osteoporosis have high risk of bone fracture, limiting quality of life.



SIGNIFICANT SOURCES OF CALCIUM

- milk and dairy products (e.g. yoghurt and cheese)
- dark green leafy vegetables
- fish with bones eaten (e.g. sardines)

