# AFTER LUNCH, YOU ARE TIRED, **GRUMPY, HOT & STRUGGLING TO CONCENTRATE**



#### **THIRSTY**

You have not had a drink of water since before you got to school. Your cells are thirsty! You are DEHYDRATED

#### **WATER, WATER**

Drink water. It travels down your throat to your stomach & intestine.

#### **HELP IS HERE**

Blood takes the water to your thirsty cells

#### **OSMOSIS**

The body transfers water to your dehydrated cells. Osmosis moves the same amount of water inside your cells as outside

#### **THAT'S BETTER, BUT...**

Your cells are rehydrated and you can think clearly. There is now too much water in your blood.

#### **KIDNEYS**

Kidneys sift all of your blood every hour looking for waste

#### **WATER AND WASTE**

Your kidneys move extra water & waste, turning it into urine & sending it to the bladder.

## **HOW MUCH FLUID DO CHILDREN NEED?**

- Children aged 4-8 years need 1.2 litres (about 5 cups) fluid each day.
- At ages 9-13 years, girls need 1.4 litres/day (5-6 cups) and boys need 1.6 litres/day (6 cups)
- \* If it is very hot or children are highly active they may need more. This fluid requirement includes water, milk and other drinks.

### **WHY WATER?**

- Water is best to quench thirst
- Water has no sugar or energy (kilojoules).
- Tap water contains fluoride which helps children develop strong teeth.



# AIM FOR 6 CUPS FLUID EACH DAY (1 CUP=250ML). YOU MAY NEED MORE WATER IF IT IS VERY HOT AND IF YOU ARE VERY ACTIVE

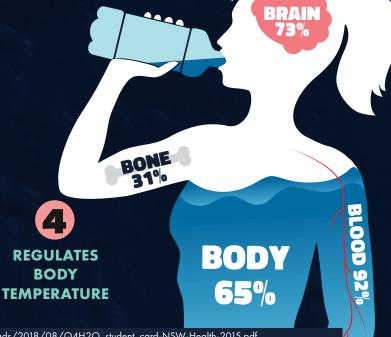
- ✓ Water and reduced fat milk are the best drink choices. Water is best to quench thirst.
- ✓ Drink some water or reduced fat milk with your evening meal at the table
- ✓ Limit soft drink consumption (including sports drink, energy drink and cordial) to once a week or less, and in small amounts

	WATER AND MILK		BONUS POINTS		
	Colour in a cup for each cup of water or reduced fat milk you drink each day. Aim for 2 cups reduced fat milk a day.  = 1 cup ( 250 ml)  * Include the milk you pour on your cereal. (about ½ cup)	Total points for water and reduced fat milk	Add 1 point if you drank water or reduced fat milk with your evening meal at the table	Add 3 points if you had NO soft drink, sports drink, energy drink or cordial	TOTAL POINTS EACH DAY
Monday		/6			/10
Tuesday		/6			/10
Wednesday		/6			/10
Thursday		/6			/10
Friday		/6			/10
Saturday		/6			/10
Sunday		/6			/10
			The state of the s	Grand Total for the	/70



**HELPS CONVERT** 

**FOOD INTO ENERGY** 



Week