

H2O WHATS HAPPENING TO ME?

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.

**ARE YOU DEHYDRATED?
HINT: CHECK THE COLOUR OF YOUR URINE!!**



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 | | TOTAL POINTS EACH DAY |
|--------------------------|---|---|--|--|-----------------------|
| | 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) <small>* Include the milk you pour on your cereal. (about ½ cup)</small> | 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 | |
| Monday |  | /6 | | | /10 |
| Tuesday |  | /6 | | | /10 |
| Wednesday |  | /6 | | | /10 |
| Thursday |  | /6 | | | /10 |
| Friday |  | /6 | | | /10 |
| Saturday |  | /6 | | | /10 |
| Sunday |  | /6 | | | /10 |
| Grand Total for the Week | | | | | /70 |

DRINK UP!

1

WATER TRANSPORTS OXYGEN AND REMOVES WASTE AND PROTECTS JOINTS AND ORGANS

3

HELPS BODY ABSORB NUTRIENTS

2

HELPS CONVERT FOOD INTO ENERGY

4

REGULATES BODY TEMPERATURE

