



# Hydration and activity!

# What do you like to drink?



## Why do we need to have drinks?

Water makes up about two-thirds of the weight of a healthy body!

Lost water needs replacing so we stay healthy.

Where does the  
water go?



## What happens if we don't drink enough?

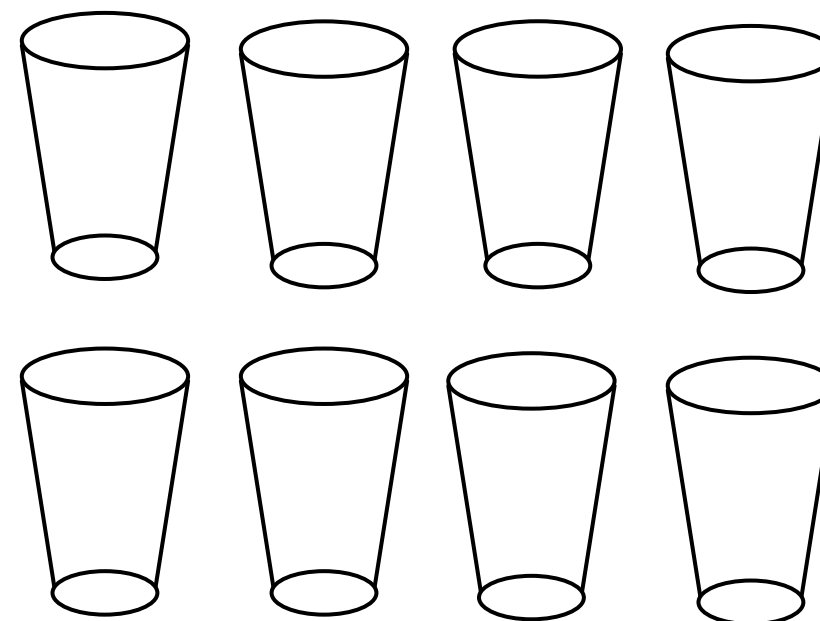
We can become dehydrated and might...

- feel tired;
- get a headache;
- find it hard to concentrate.



# How can we stay hydrated?

Have 6-8 drinks every day!

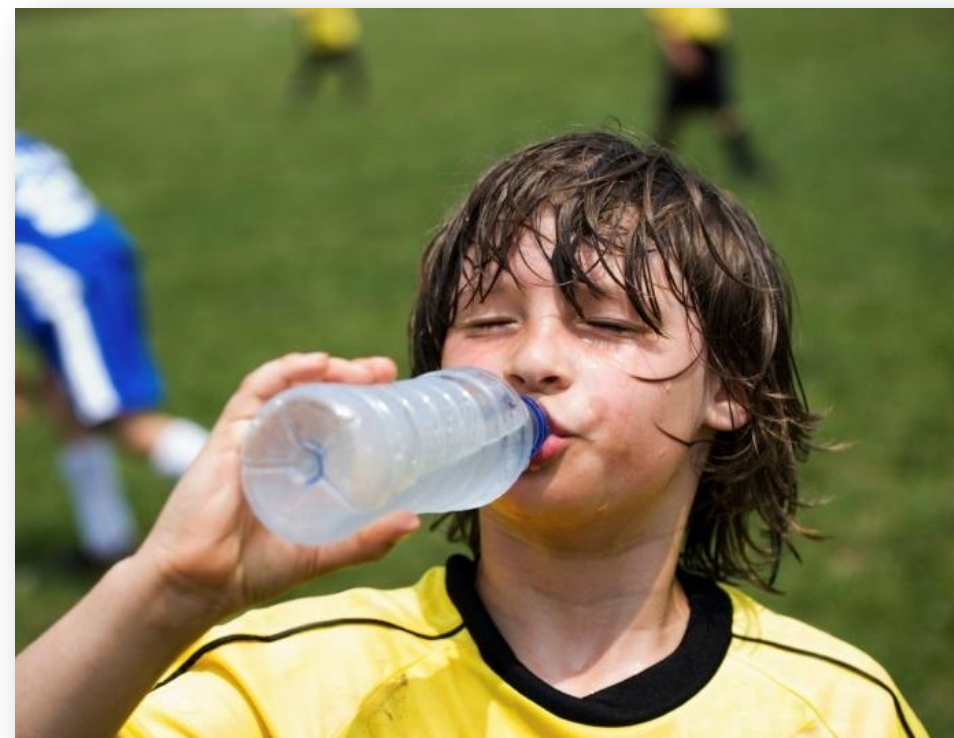


## Is it always 6-8 drinks?

You need to drink more if it is hot or you are being active.

A red speech bubble with a white question mark inside, pointing towards the text above.

Why?



# What drinks should we have?

All drinks can count!

Good choices are...



## Why water?



**It is easily available!**

**It hydrates without  
harming teeth.**



## Why milk?



**It provides calcium!**

**What does calcium do?**

**It provides vitamins  
and other minerals.**

## Why juice?



**It counts as one portion  
towards your 5 A DAY!**

**Just 150ml once a day  
–with a meal!**

**It provides vitamins  
and other minerals.**

# How can we make sure we have enough to drink?

Have drink with each meal...

- Breakfast
- Lunch
- Evening meal



Have a drink ...

- At break time
- During lessons
- After school
- A little while before you go to bed

# Activity

Move more, be active!



# Why do we need to be active?

To help us to have...

- strong bones;
- strong muscles;
- a healthy heart.



Being active can also...

- help us to feel happy;
- help us make new friends;
- provide new experiences!



# Sit less

When are you not active?



Watching TV



Reading

## Sit less

Sometimes it is important to sit.

When do you think this is?



Working at school



Eating a meal

# Move more

What is moving more?



Playing games



Walking to school

**Moving more means being active every day.**



## Be active for 60 minutes a day

What would count towards your 60 minutes a day?



Playing tennis



Playing team games

## Be active

How does being active feel?



You...

feel warmer



You...

breathe harder

Your...

heart beats faster

What makes you  
feel like this?

## Every day...

Sit less



Move more



What could you do  
to be more active?

Be active for at least 60 minutes



# Stay active and hydrated!

Remember...

- have 6-8 drinks everyday;
- have more if it is hot;
- have more if you are active;
- be active for 60 minutes every day!





For further information, go to:  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)