



# Science: Animals including Humans

Water

# Water



What do we already know about water?

Why does our body need it?

How much do we need?

What does our body use it for?

How do we get rid of excess water?

What happens if we don't get enough water?

# LQ: Can I understand the importance of water for the human body?

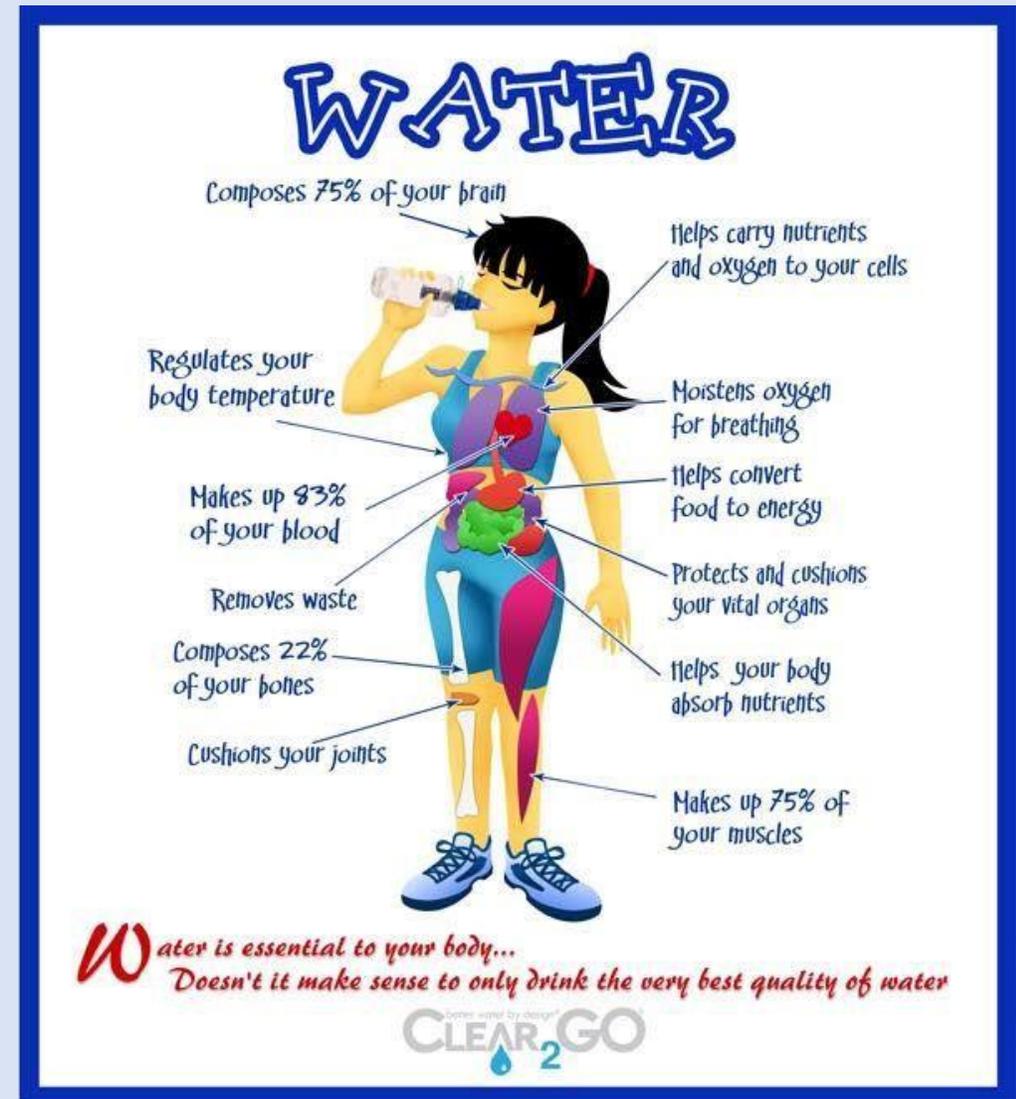
Research to find out the importance of water to our bodies:

<https://healthy-kids.com.au/food-nutrition/drinks/water/>

<https://kidshealth.org/en/kids/water.html>

<https://www.nutrition.org.uk/healthyliving/hydration/hydration-for-children.html>

<https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>



# WATER

Composes 75% of your brain

Helps carry nutrients and oxygen to your cells

Regulates your body temperature

Moistens oxygen for breathing

Makes up 83% of your blood

Helps convert food to energy

Removes waste

Protects and cushions your vital organs

Composes 22% of your bones

Helps your body absorb nutrients

Cushions your joints

Makes up 75% of your muscles

**W**ater is essential to your body...  
Doesn't it make sense to only drink the very best quality of water



# HEALTHY HYDRATION

for children aged 5-11

Drink plenty

## Water

Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth

Have regularly

## Milk

Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

## Fruit and vegetable juices and smoothies

Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

Can have once a day

## Sugar-free drinks

Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Occasionally

## Tea and coffee

Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Occasionally (and in small amounts if caffeinated)

## Sugary drinks

Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Avoid

## Sports and energy drinks

can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

Not suitable for children

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.