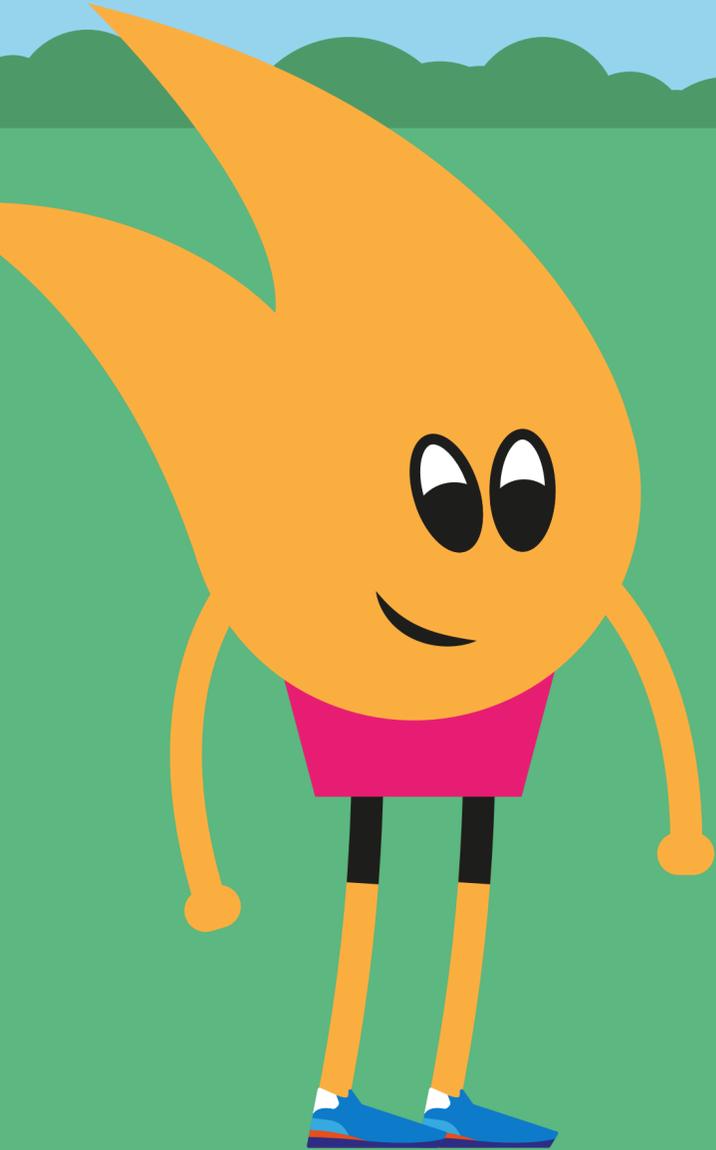


Mission: Hydration



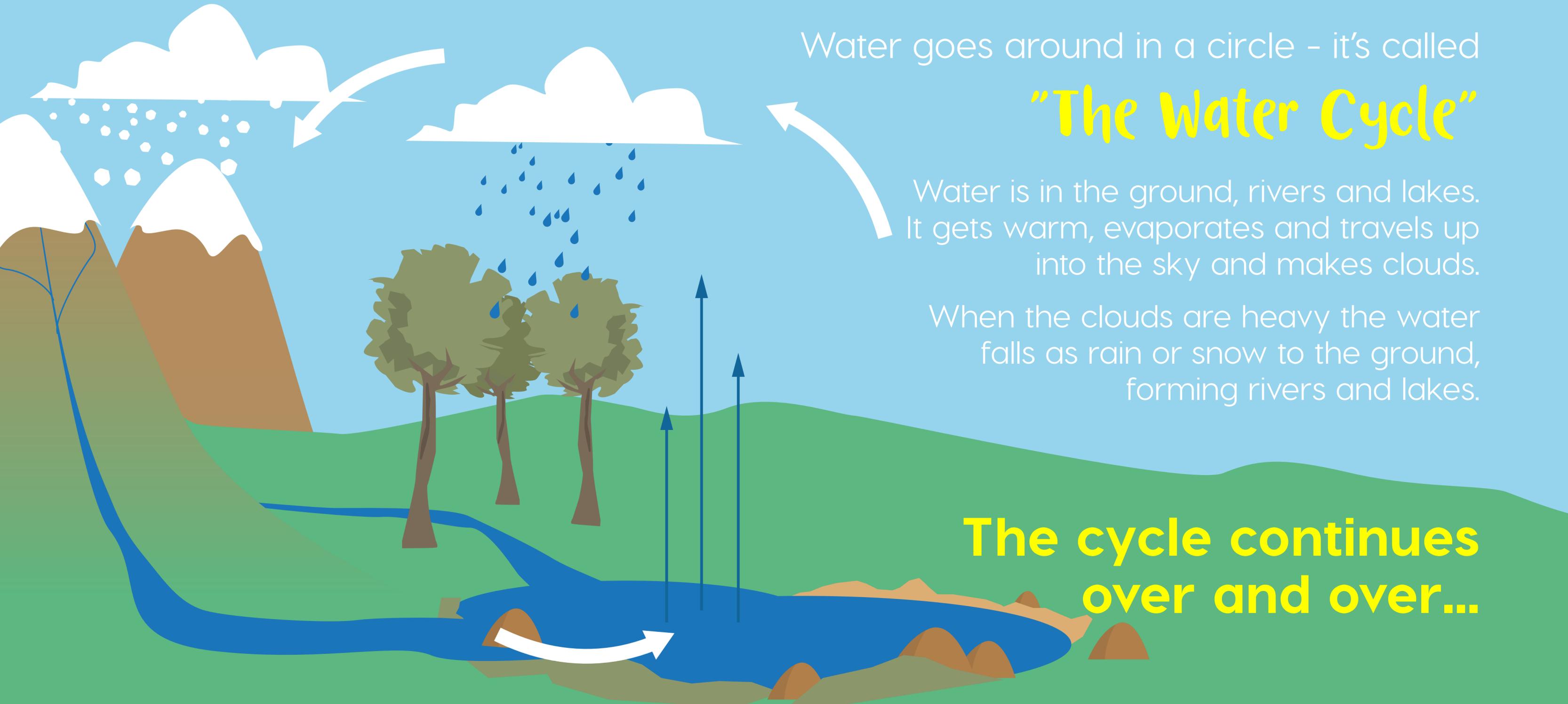
We are pinning the sugar and
winning with water

We are going to learn all about the wonders of
water and why it is good for us to drink enough of it.





Where does water come from?



Water goes around in a circle - it's called

"The Water Cycle"

Water is in the ground, rivers and lakes. It gets warm, evaporates and travels up into the sky and makes clouds.

When the clouds are heavy the water falls as rain or snow to the ground, forming rivers and lakes.

The cycle continues over and over...

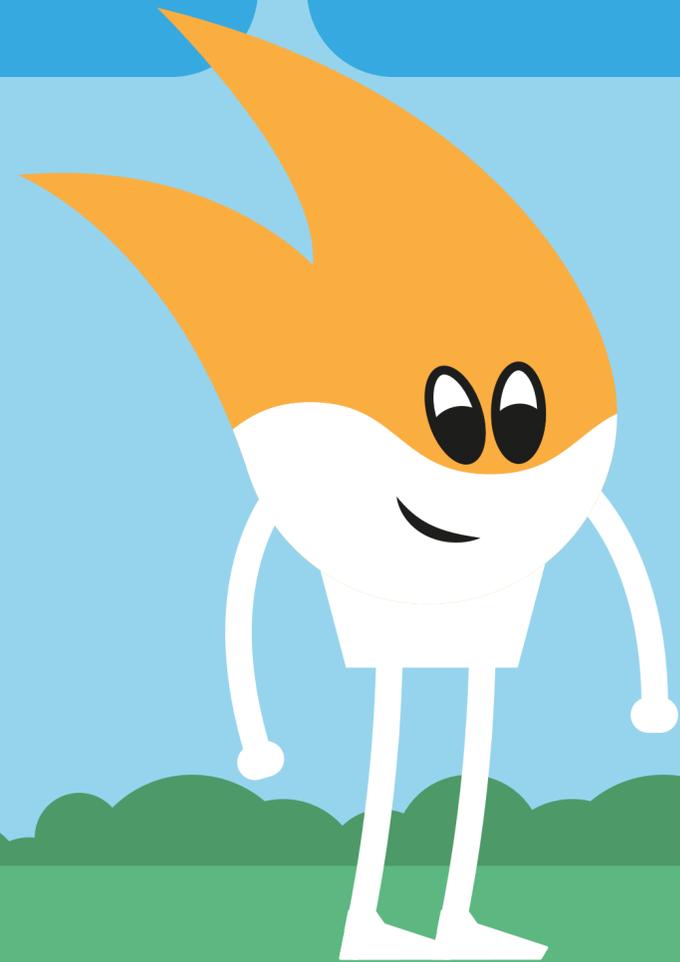
Wonderful water facts

What does water do in the body?

Removes waste from our bodies.

Helps us to keep our body at the right temperature.

Carries nutrients (goodness) to cells.



DID YOU KNOW?

Water is 75% of our body weight.

Wonderful water facts

What happens if we don't drink enough water?

Poor
memory

Feel tired

Our
concentration
suffers

Get
headaches

Wonderful water facts

We lose water from our bodies all through the day.

How?

When we
go to
the toilet.

When we
breathe.

When we
sweat.

IT IS VERY IMPORTANT TO DRINK REGULARLY.

WE NEED TO DRINK 6- 8 GLASSES OF WATER A DAY.



Water is the **BEST** choice

- Good for our health and our teeth
- Comes easily from a tap in this country
 - Helps us to concentrate
 - Feel more energetic
- Helps the goodness from food travel around our bodies

And it's sugar free

Other drinks often contain a lot of sugar

At lunchtime try to guess
how much sugar is in different drinks



You might be surprised!

What is our weekly challenge?

We are binning the sugar and winning with water.



We challenge you to choose water to drink, before, during and after school and avoid sugary drinks.

Can **you** bring a water bottle to school each day this week and **drink water** regularly?

We are aiming for **6-8 glasses** a day.

Record in your MISSION TRACKER

And don't forget to do your Daily Mile!