

# FACTFILE: GCSE HOME ECONOMICS: Food and Nutrition



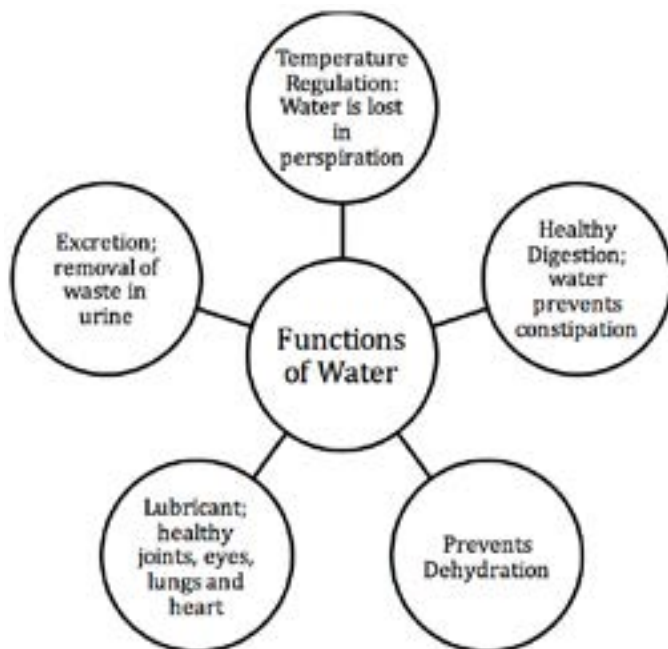
## Water

### Learning Outcomes:

Students should be able to:

- Explain the functions and identify the main sources of and recommendations for water intake;
- Examine the importance of hydration in the body.

### Functions:



### Learning Outcome Link

Explain the functions and identify the main sources of fibre.



**Sources**

Water can be consumed in many forms including:

- Fruit Juices;
- Smoothies;
- Soups;
- Hot Drinks; tea, coffee, hot chocolate;
- Milk;
- Casseroles;
- Some fruits (melon) and vegetables (celery) contain high percentages of water.



**Recommendations**

There are many questions around how much fluid or water is needed in the body daily. The current recommendations from the British Dietetics Association state that men should drink 2000ml/day while women should drink 1600ml/day ([www.bda.uk.com](http://www.bda.uk.com)). The Eat-well Guide recommends between 6 and 8 glasses of fluid per day, this can be made up with other fluids not only water as previously mentioned but caution should be taken where fizzy drinks, fruit juices, and smoothies are concerned as these contain free sugars which could be harmful for teeth and cause dental caries. ([www.nhs.co.uk](http://www.nhs.co.uk))

**Importance of Hydration**

Water is vital for survival and without a daily intake of water or other fluids the human body notices quickly and changes occur as a result. **Mild** dehydration can lead to a feeling of thirst, headache, dizziness, frequent urination in small amounts and tiredness. ([www.nhs.co.uk](http://www.nhs.co.uk)) Dehydration over a prolonged period of time can lead to renal problems and constipation. **Severe** dehydration must be treated immediately, symptoms include feeling tired or confused, dizziness, and not passing urine for more than 8 hours, a weak or rapid pulse, seizures and low level of consciousness. This can be particularly dangerous for babies and frail elderly. Hospital admission and treatment is sometimes necessary to replace fluid through a drip.



**HUMAN BODY IS 70% WATER**



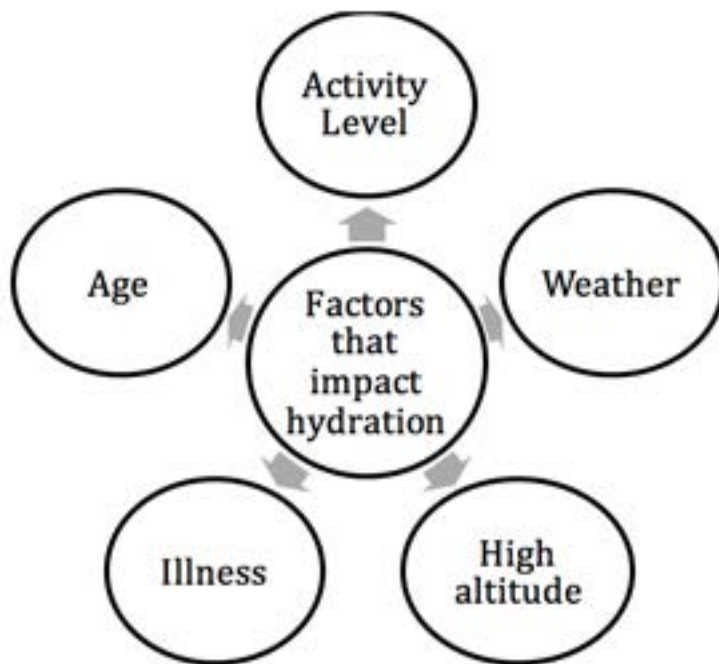
**SYMPTOMS OF DEHYDRATION**



**Learning Outcome Link**

Discuss the nutritional and dietary needs of the following groups with differing energy requirements:  
**People with an active lifestyle that includes sport**

### Factors that impact hydration



### Revision Questions

1. State three symptoms of mild dehydration
2. List four sources of water in the diet

### Bibliography

<https://www.nutrition.org.uk/healthyliving/hydration/healthy-hydration-guide.html>

<http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=75&contentId=241>

<https://www.bda.uk.com/foodfacts/fluid.pdf>

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

<http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx>

