

# Water in the Body

## Suggested Learning Intentions

Children will:

- understand how the body uses water;
- communicate information effectively (Comm)
- use ICT to record and present information (UICT); and
- find, collect and interpret information (UMaths).

## Suggested Learning and Teaching Activities

Challenge the class to estimate how much of the human body is made up of water. Explain to the children that two thirds of the human body is made up of water. Demonstrate the amount of water in the body by using a transparent container marked in thirds. Fill two thirds of the container with water. Leave the container in a corner of the classroom and ask the class to observe the water level decrease over a period of time. Ask the children to try to explain why this happens. Encourage them to top up the container if the water level falls.

Explain to the class that it is important that we maintain our body's water levels. Share the following facts with the class:

- Human beings need water to live and cannot survive without it for more than a few days.
- Water is the most needed nutrient of all.
- On a regular day, the body loses two to three litres of water through sweating, urinating and carrying out normal body functions.
- The body loses even more water when exercising and sweating.
- It is very important to replace the water our body loses during the day.



Explain to the class that they are going to carry out a survey to find out how well they top up the water levels in their bodies. Ask the children to design a method for recording how much water they drink over seven days. Explain to the class that fruit juice and fizzy drinks do not count in the survey - only tap or bottled water!

Invite the children to complete the survey and to use ICT to record their results. Once the survey is complete, display individual's tables or graphs of results. Next, collate the information from all of the surveys to create a class graph. Use the class graph to display interesting findings for example, the number of children who drink less than six to eight glasses of water per day.

Finally, remind the class that in order to stay healthy they need to listen to their body's needs and drink plenty of water. Encourage the children to drink six to eight glasses of water per day.