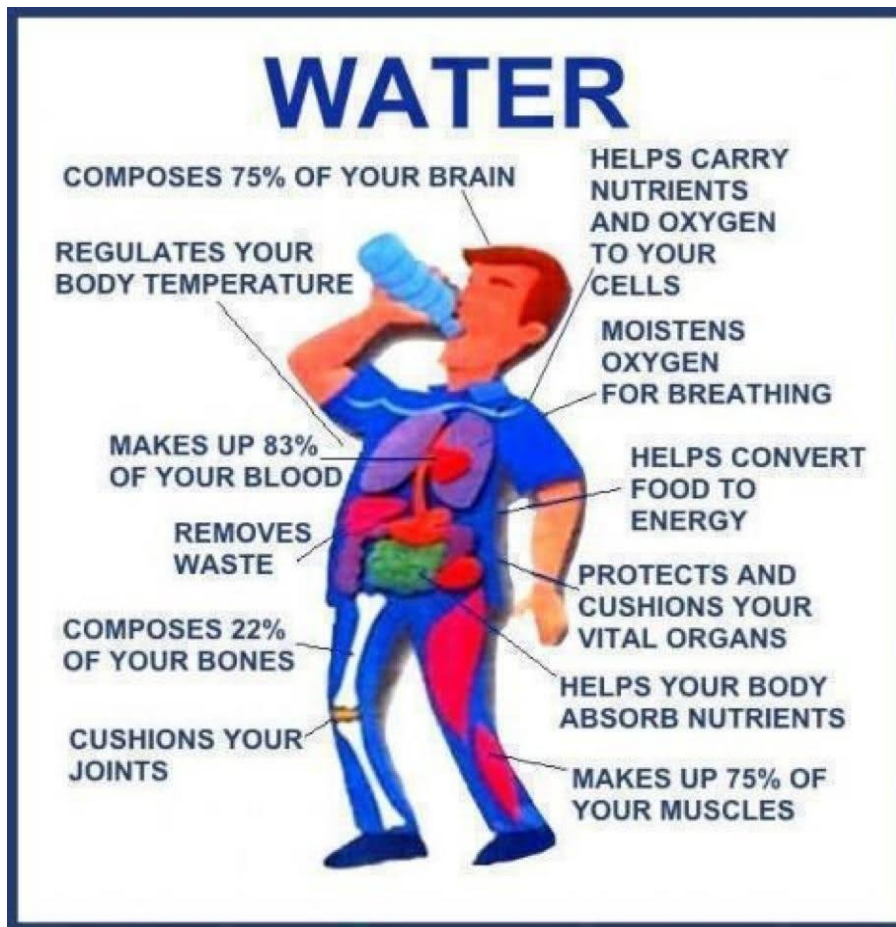


Hydration



Benefits of Hydration

1. Water helps the body to get rid of waste, helps to regulate body temperature and carry oxygen and nutrients to your body cells.
2. Water acts as a lubricant in your joints and muscles so they work properly, and in saliva to help chewing and swallowing.
3. If you do not consume enough water you can become dehydrated causing symptoms such as headaches, tiredness, and loss of concentration

We should drink the equivalent of 8 glasses of water each day. This includes fruit juice, tea, coffee and the water we get from the foods we eat.



Examples

1. All plants and animals need water to live and grow.
2. Water makes up around 60% of the human body.
3. A person can live for weeks without food, but only for one week without water.
4. Everyday you lose water through your breath, perspiration, urine and bowel movements.

Health and Wellbeing

Resources

How to stay hydrated through other than water

<http://www.eatingwell.com/article/281227/6-tips-for-healthy-hydration/>

NHS advice

<https://improvement.nhs.uk/resources/nutrition-and-hydration/>

<https://www.nhs.uk/conditions/dehydration/>

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

British Nutrition Foundation Tips

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

Interactive Games and Activities related to Hydration

<https://www.healthyactivekids.com.au/families/online-games/>