

Drink Think

Water - The First Choice!

Help kids think about what they drink—starting with water! Encourage kids to select water as a healthy thirst quencher instead of sugary beverages! Use these ideas and activities to get them thinking about what they are drinking:

- Promote water awareness with trivia questions (see below) as a group activity or with your family at the dinner table! Kids can see the impact of water in our lives.
- Allow plenty of water breaks during group or family activities throughout the day. Control the beverage chosen. Frequent the water fountain or bring plenty of bottled water to share.
- Discuss why the body needs to replace fluid lost (sweat, bathroom use) with water.
- Responsible for “drinks and treats” on the team? Take plain or non-caloric flavored bottled waters instead of sugary drinks.
- Use bottled non-caloric flavored water as prizes for winning a game or for good behavior.
- Catch kids’ attention with a display or bulletin board showing the sugar content in a 12 oz. soda (roughly 10 tsp. sugar) versus a glass of water (zero sugar). Provide other favorite beverage examples by converting food label amounts into teaspoon amounts. (1 teaspoon = 4 grams sugar) Discuss how water can provide the fluid their body needs without the extra sugar.



Fun Water Trivia

- Next to oxygen, water is your body’s most important nutrient.
- True or False:
Physical activity, heat, and humidity can increase our fluid needs.
Answer: True. In these situations, keep water bottles close at hand and drink frequently to avoid dehydration.
- How much water is used during the growing of a watermelon?
Answer: 100 gallons.

