

Water & Sugary Drinks Kit

Key Messages



Focus question: What is the best thing for your body that you can drink?

- Water is the best, most important drink because 50-75%, most of the body is made up of water! It helps with lots of our body functions-cell growth, body temperature, delivers nutrients and oxygen and so much more!
- Every living thing needs water. (Many stories in the box emphasize this and the ways water connects us.)
- Water can come from rain! But it's best not to drink rainwater; instead we should get it from a tap or a bottle. It is recommended children have 4-5 cups of water each day. For adults, that number is between 8-10 cups, depending on age, gender, lifestyle and if a person is pregnant
- Milk is the only other drink that is good to have every day. Milk has calcium, an important nutrient as it helps the bones become and stay strong. Cow's milk is rich in calcium and milk alternatives like soy or nut milk can be a good substitute if choosing a fortified one.
- We need water by Charles Gigna
 - After working or playing, water is the best drink to rehydrate. Some drinks have lots of sugar in them which means that they are not very good for drinking all the time.
- Activity: Fishing for good drinks
 - For each drink, highlight how much sugar is in that drink. The amount of sugar makes it a good drink or a sometimes drink
 - Sports drink-9 spoons Not recommended unless playing very intense sport for a long period of time (eg: AFL football).
 - Milk-0 spoons Contains natural sugars that are ok for the body plus the calcium is important for bones.
 - Flavoured milk- 13 spoons Does contain calcium but also has extra sugar that is harmful to the body when consumed too often.
 - Orange juice-6 spoons Juice made from fresh fruit does contain natural sugars but because the fruit has been juiced, the concentration of the sugars present can leave a sticky residue on teeth and can contribute to tooth decay.
 - Soft drinks- 16 spoons Even those that say 'no sugar' have artificial sweeteners. All soft drink can contribute to tooth decay or other health issues and should not be regularly consumed.
 - Water -0 spoons Plays lots of different roles in the body. People can only survive 3 days maximum without water because it is so important.
 - Highlight those drinks in the sometimes bucket are ok to have **SOMETIMES**. They should not be consumed every day. The only everyday drinks are water and milk because they help the body grow and be strong.