

Water Lesson

Intro: You've been asked to participate in an experiment called "Stranded" where you will be dropped on a tropical island with no food or water. This island has no vegetation or inhabitants. Prior to the start of this experiment you must select one of the following to take with you: A box of food or A box of water. Which will you select and why?

Share responses

Discuss:

If you chose the box of water, what would happen?

If you chose the box of food and not the water, what would happen?

Let's find out... View the Ted-ED Video "What would happen if you didn't drink water?" and complete the guide sheet. <https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-drink-water-mia-nacamulli>

Guide Sheet Video Categories include...

- Where's the Water Hiding?
- Water Works: Functions
- Necessary Intakes
- Problems

Activity: Create 2 Memes using <https://imgflip.com/memegenerator> (see guide sheet). One of your memes should be a "Did you know..." fact about the importance of consuming water and one should be creative slogans for a water campaign geared towards teens to drink more water. See my sample meme of Yoda below.

Download and save your memes. Copy and paste them into a word document. Print and prepare for hanging around the school to send messages to the student body about the importance of water in the diet.

Place the meme water campaign facts and slogans throughout the school (bathrooms, water fountains, drink machines, cafeteria, locker room, weight room, classroom doors, etc.) to send messages about the importance of drinking water.

Discuss: Some students will inevitably say that they don't like water because it has no taste. Prove to them that water can be easily flavored with fruits/vegetables (which also contain water) by having students participate in a Water Challenge: Flavored Water Lab. Each group will select a flavored water to prepare in class and then taste-test each group's flavored water and take a survey to see which is most preferred.

Ideas for lab recipes:



- <http://www.rd.com/food/recipes-cooking/flavored-water-recipes/>
- <http://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-tips/12-ways-to-make-water-the-most-delicious-thing-ever.html>



Water Notes

Fill in the correct answers as you view the Ted-Ed video about water.

Where's the Water Hiding?

- Water makes up _____% of the average human compared to _____% of newborns.
- It's found in cells, bones, our _____ and _____.

Water Works: Functions

- Cushions and lubricates _____.
- Regulates _____.
- Nourishes the _____ and _____ cord.

Necessary Intake

- How much do males need? _____
- How much do females need? _____
- What about tea and coffee? Acceptable or not?

- Which foods contain water (circle them): crackers, watermelon, bacon, cucumbers, lettuce, candy, cereal, eggs, soup, oranges, lemons, apples

Problems

- We lose 2-3 liters of water daily. True or False
- Water deficiency is called _____
- Effects of this deficiency include:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
- Explain water intoxication and why it is harmful?



