

DRINK

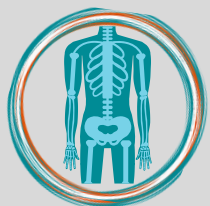
More Water and Less Sugary Drinks

Georgia Health Performance Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

According to the Centers for Disease Control and Prevention (CDC), water helps the body to...



Regulate body temperature



Protect organs and tissues



Remain hydrated



Get rid of waste



Tips to drinking more water:

1. Infuse water with fruits and vegetables, such as cucumbers and limes.
2. Drink water on the go.
3. Drink water with every meal.
4. Eat foods that contain high amounts of water, such as celery and strawberries.



Activity:

1. Track your water consumption for one day to see if you can drink eight glasses.
2. Research and list five benefits of drinking water.
3. Create a fruit or vegetable infused water recipe that you think your classmates will enjoy.
4. Be sure to upload your list of benefits and recipe to your teacher's digital learning site.
5. Share on social media and tag @HealthMPowers!



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Source: <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>