

Name: _____ Date: _____

Module 4: Water

Lesson Theme: Reinforce the benefits of drinking water daily and increase knowledge related to alternative sources of water.

ACTIVITY: You are creating a 10-second video clip about the importance of water. In your group, write down 3 important points you want your skit to highlight.

1. Drink water when you exercise

2. Helps your body absorb nutrients

**COMPOSES
22% OF
YOUR BONES**

3. Cushions your joints

**COMPOSES
75% OF YOUR
BRAIN**

**REGULATES
YOUR BODY
TEMPERATURE**

**MAKES UP
75% OF
YOUR
MUSCLES**
