



LiveWell Kids Nutrition

Grade: 5th

Module 4: Water

GROUP ACTIVITY

Length of Lesson: 30 minutes

Objectives

Module Objectives:

- Increase knowledge of benefits of drinking water.
- Increase water consumption & decrease sugar-sweetened beverage consumption.
- Increase knowledge related to alternative sources of water.

Grade Level Learning Objectives:

- Identify ways to incorporate water into daily life.
- Learn how to promote the importance of water to our health.

Lesson Materials

- Chime (Found in classroom)
- Visual Aid: Benefits of Drinking Water/Ways We Use Water

Preparation:

- ✓ Ask your teacher to have students sitting at their desks before starting the lesson. All activities can be done with the students at their desks.
- ✓ Let your teacher know you would like support with classroom management prior to the lesson.
- ✓ Ask your teacher what cues or words they use to get the students' attention.
 - Ex. Waterfall, waterfall. Shhhhhh.

Food Tasting: Lemon and Cucumber Water

Food List & Supplies

- | | | |
|---|--------------------------|------------------------|
| • Water jug | • Cucumber (1 per class) | • Dixie cups |
| • Water (obtain from school drinking fountain or refillable water bottle station) | • Lemon (1 per class) | • Food handling gloves |
| | • Knife | |
| | • Cutting board | |

Preparations and Servings: (2 oz. cup of water per student)

1. Put on food handling gloves and cut cucumber and lemon into small slices.
3. Pour water into water jug and add cucumber and lemon and let sit for at least 20 minutes.
4. Pour water ½ full into Dixie cups and serve.

Food Allergen

Please check with the teacher for any known food allergy and provide appropriate substitute.

Report your lesson as delivered by going to http://bit.ly/LiveWellNutrition_19-20 or scan the QR code below:



Did You Know?

Some fun and healthy facts about water:

- A human's body is made of 60-70% water.
- Children should drink at least 5 cups of water each day.
- On average, you cannot live longer than 3 – 5 days without water.
- We lose water when we exercise, breathe, use the bathroom and sweat.
- It's important to drink water before AND after physical activity.
- Estimates vary, but each person uses about 80-100 gallons of water per day.

Some fun and healthy facts about cucumber and lemon:

- Cucumbers contain Vitamin B, Folic acid and are made up of 95% water.
- Lemon is a good source of Vitamin C which is good for your immune system and skin.
- Lemons are a high-energy food! An experiment that involves attaching electrodes to a lemon can create a battery that produces electricity. Several lemon batteries can power a small digital watch. What other food have you tried in a LiveWell Kids lesson that can be used as a battery? (Brussels sprouts)

INTRODUCTION AND MINDFUL BREATHING – 2 Min.

SAY

Hi everyone. My name is _____ and welcome to another LiveWell Kids Nutrition Education lesson. First, we will start with a mindful breathing exercise.

DO

- Ask the students to sit quietly at their desks and place their hands on their bellies. Tell students to turn on their “mindful bodies.” Remember “mindful bodies” are still and relaxed.
- Explain to your class that you will ring the chime and they will close their eyes and take several slow, deep breaths in through their noses and then slowly let the breath out through their mouths. During this time they should focus on their breath and feel it rise and fall in their bodies.
- Tell them that after 30 seconds you will then ring the chime again and they are to keep their eyes closed until they can no longer hear the sound of the chime. When they can't hear the sound of the chime, they will then open their eyes.
- Ring the chime and practice mindful breathing with the students for 30 seconds by taking slow breaths.
- At the end of the 30 seconds, ring the chime again to end the exercise. Tell the students to slowly open their eyes when they no longer hear the chime. Ask a few students to share their experience.

PREVIOUS LESSON REVIEW – 1 Min.

DO

- Ask the class who remembers what the last lesson was about. (Food Labels & Marketing – how to use the Nutrition Food label to identify how figure out if foods are high/low in fat, sugar and sodium)
- Remind the class that it is important to look at the Nutrition Facts label and not just the front of the package.

NUTRITION EDUCATION – 20 Minutes (5 minutes for intro and directions)

SAY

Today we are going to learn about the different ways to incorporate water into our everyday life, then we'll try a tasty and healthy beverage.

DO

- Ask students why water is important. Remind students that all living things (i.e. animals, plants and humans) need water to survive. Remind the class that they should get at least 5 glasses of water a day depending on your level of physical activity.
- Emphasize to students that they should drink water instead of sugar sweetened-beverages (e.g. Gatorade, soda, juices, etc.).
- Use the **Visual Aid: “Benefits of Drinking Water”** to highlight the benefits of drinking water. Review all or most of the points on the visual aid.
- Tell kids that drinking water is very important to our health and that it helps plants and animals survive. Emphasize that water is important to us in other ways besides just drinking it. It is also important that we use water responsibly and not waste it. Use the **Visual Aid: “Ways We Use Water”** to have students brainstorm ways we use water. (Optional: Place students into pairs or groups)
 - Water at home
 - Water at school
 - Ways to conserve water
- Bring class together and review the different ways we use water. (Optional: Use the dry erase markers and write down students responses on the visual aid)

WORKSHEET ACTIVITY

SAY

Okay everyone, we are going to do an activity in our worksheets. For this, you will need either a pen or a pencil.

DO

- Read through the directions for the activity. In groups of 4-5, students will be creating and acting out a 10-second skit for the class that highlights the importance of water. (TEACHING TIP: write the steps below on the board, and include the time stamps)
 - STEP 1: Write down the 3 important things in their worksheet that your group wants to convey (**2 minutes**)
 - STEP 2: Work with your group to create a 10-second skit (**5 minutes**)
 - STEP 3: Practice skit (**2 minutes**)
- Bring the class back together
- Have groups present their skits (**5 minutes TOTAL, 1 minute per group**)

SAY

Great job everyone! Very creative ways to encourage people to drink water!

PHYSICAL ACTIVITY BREAK – 3 Min. (Optional)

The physical activity break is optional and can be implemented at any point in the lesson. Please use child appropriate music for this section.

SAY

Now we will take a few minutes to do a physical activity break. Just like eating good foods, our body needs regular physical activity to keep us healthy and happy.

Warm-Up:

- March in place
- Shoulder rolls

Moves:

- The Celebration
- Warrior Lift
- Criss-Cross

Cool-down:

- Slowly march in place
- Raise arms above head and take a deep breath (3 times)

MINDFUL TASTING – 5 Min.

Opening:

SAY

Since we know that nourishing our body with healthy food is good for us, today we are going to have a mindful tasting. Remember that during this we should:

- Be respectful to food: please be open minded and try and take at least one bite.
- If you don't like the food, remember **"Don't Yuck My Yum!"**
- Use all of your senses.

DO

- Start with a mindful breathing exercise: sit tall and relax the shoulders.
- Ask them to close their eyes, breathe in slowly through the nose and slowly out through the mouth.
- Have students interact with the food using all of their senses. Engage them with the following questions.

See:

- What is the food's name?
- How is it grown? On a tree, bush, vine or underground?
- Notice the size, shape and color of the food.

Smell:

- Slowly smell the food. Does the scent remind of you a place, a person or experience?
- How would you describe this scent? Does it smell sweet, strong or spicy?

Touch:

- Use your finger and touch the food. Does it feel soft, spongy, hard or slippery?
- How does it feel in your hand? Heavy or light?

Taste and Hear: (Have students wait until after they swallow to share their experiences.)

- Take a bite of the food and let it sit on your tongue. Pay attention to how it feels in your mouth.
- Bite slowly and chew just a few times but don't swallow, notice the flavors. Is it sour, bitter, sweet, salty?
- Do you hear anything? Is the food crunchy or squishy? Is it making any noise when you chew?
- Keep chewing slowly several times but do not swallow yet. Does the taste change as you chew? When you're ready to swallow, feel the food going down into your stomach. Can you feel the food moving down your body?

Reflection

- Have students share their experiences. Have them put their thumbs up if they liked the food and thumbs sideways if they are not sure. Remind them that it may take several times of trying a new food before they may like it.
- Thank students for their attention and remind them to mindfully eat at their next meal and to show their families how to mindfully taste their food. Ask them to tell their families about their food tasting and to try this food at home, maybe in different ways.

REFLECTION – 3 Min.

SAY

Thank you, class. I hope you enjoyed your lesson today! As I clean up, I would like you to take out your worksheets and write something that you learned today. You will have a couple of minutes to complete this.

DO

- Once the students are finished writing their reflections, tell them to take home their worksheets to share with their families.
- Thank the students, teacher and classroom aide (if applicable) for their time.
- Return all materials to your school's LiveWell area.

Education Standards

LiveWell Kids applies California Health Education and Common Core standards in each lesson. For more information, please visit our website at www.bchd.org/lwk-resources

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