

Name: _____ Date: _____

Module 4: Water

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

ACTIVITY: Draw a line to match when you can use water to keep you healthy, clean and safe.



When you're thirsty



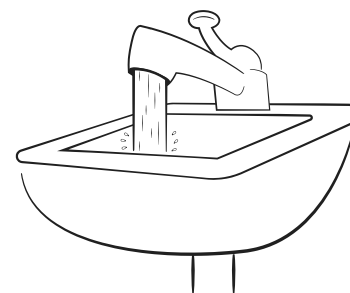
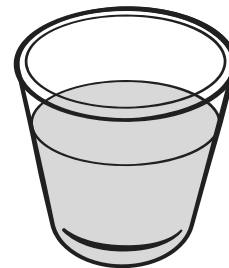
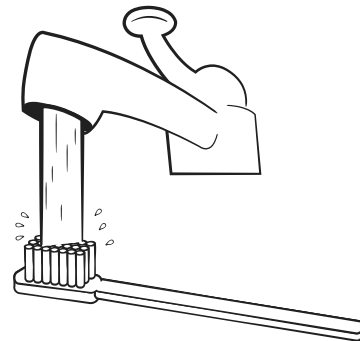
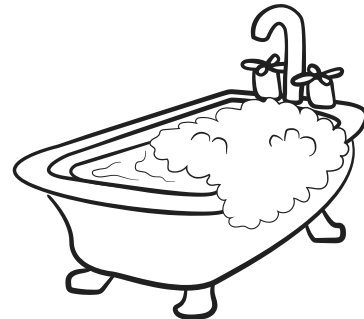
When you need to wash your hands



When you need to brush your teeth



When you need to clean up



REFLECTION: In the space below, draw one thing that you learned during today's lesson.

Today I tasted:

Lemon Cucumber Infused Water



Ingredients

- 1/2 lemon
- 1/4 cucumber
- Ice
- Water

Instructions

- Slice the lemon very thinly and set aside.
- Slide the cucumber very thinly and set aside.
- Place the sliced lemon and cucumber into a jug and fill with clean water.
- Serve over ice.



Fun Fact:

A human's body is made of 60-70% water. Children should drink at least 5 cups of water each day!



Joke:

What do you give a sick lemon?
Lemon aid

Source: <https://www.tastemade.com/shows/healthy-af/lemon-cucumber-infused-water>