

Name: _____ Date: _____

Module 4: Water

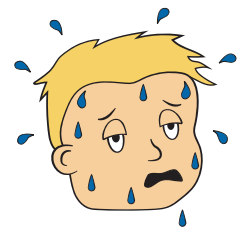
Lesson Theme: Reinforce the benefits of drinking water daily and increase knowledge related to alternative sources of water.

ACTIVITY: Students will volunteer to act out a word from the Water Works word bank using silent gestures. Try and guess the word and then fill in the blank with the correct word from the word bank.

Water Works Charades

Wordbank: Water, Exercise, Breathe, Sweat

1. We lose water when we _____.



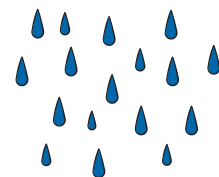
2. Drinking water after _____ is the best.



3. Every time we _____, we lose a little bit of water.



4. Animals, plants and humans all need _____ to survive.



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>