

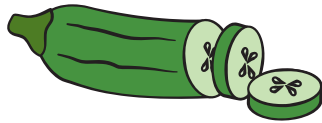
Name: _____ Date: _____

Module 4: Water

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

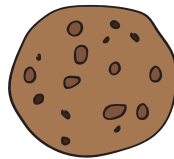
ACTIVITY: Circle the correct percentage of water in each food.

Water Works



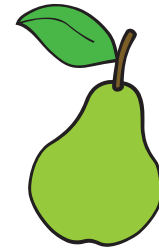
Cucumber

96% or 38%



Oatmeal Cookie

84% or 6%



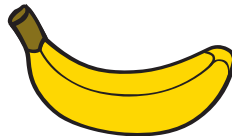
Pear

84% or 15%



Crispy Rice Cereal

3% or 30%



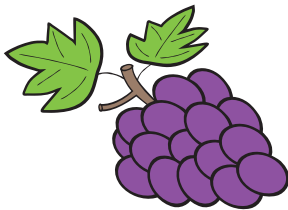
Banana

74% or 35%



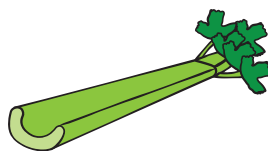
Whole Wheat Bread

91% or 38%



Grapes

81% or 3%



Celery

95% or 15%



Raisin

15% or 74%

REFLECTION: In the space below, write one thing that you learned during today's lesson and what you thought about the mindful tasting.

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>

To find out more information regarding Beach Cities Health District's LiveWell Kids programming, please visit bchd.org/schools