

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.

**COMPOSES
22% OF
YOUR BONES**

**COMPOSES
75% OF YOUR
BRAIN**

**REGULATES
YOUR BODY
TEMPERATURE**

**MAKES UP
75% OF
YOUR
MUSCLES**

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.

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



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