



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER, WATER EVERYWHERE!

NEW WAYS TO TRY WATER

- Flavor the water with added fruit—good choices include frozen berries or lemon, lime, or orange slices to cool things off—and feel free to mix multiple fruits together!
- Experiment with adding ice cubes made from frozen fruit juice to water.
- Make “sun tea”—put some noncaffeinated tea bags in a pitcher and set it in the sun to steep until the water takes on a tea color—the darker the water, the stronger the tea. Add ice when you’re ready to serve. You can also make a quick version by pouring hot water over tea bags and adding lots of ice. color—the darker the water, the stronger the tea. Add ice when you’re ready to serve. You can also make a quick version by pouring hot water over tea bags and adding lots of ice.
- Serve juice spritzers (juice and seltzer water)—use no more than 4 oz. of juice per serving.
- Have kids invent their individual “brand” of water—let them design their own labels, make their “secret recipes,” and invent names for their water.

WHAT TO DRINK? WATER

Water is calorie-free and cheap!

Water keeps kids hydrated best. Sports drinks are good only for really intense activities lasting more than an hour. For example, a day at sports camp or a hike in the hills would be a time that kids might have a sports drink.

Make sure that kids can get water throughout the day and during every period of physical activity. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty. Most tap water is fluoridated, which means that it helps teeth stay strong and protects against cavities!

DOES PRESENTATION MATTER?

Experiment with different ways of presenting water:

- Clear vs. non-clear pitcher
- Ice vs. no ice
- Kids serving themselves vs. pre-poured cups



DID YOU KNOW?

A child’s body weight is 85% water.
The human brain is 75% water. A living tree is also 75% water.

There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank!

Water regulates the Earth’s temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes. Although the average person can live for about one month without food, we can only survive about a week without water.

WHAT ABOUT BOTTLED WATER?

In the U.S., drinking bottled water costs, on average, 1,000 times more than drinking tap water.

COST COMPARISON PER GALLON OF WATER



WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

www.csipnet.org

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

www.hsph.harvard.edu/nutritionsource/healthy-drinks

This site links to a variety of lessons and educational materials about drinking water and water as a resource—great if you’re looking to integrate some science lessons into your program. www.nesc.wvu.edu/educators.cfm

The Environmental Protection Agency’s annual water quality reports provide information on water safety in every state, including information on fluoridation.

www.epa.gov/safewater/ccr/whereyoulive.html

 Harvard School of Public Health
Prevention Research Center
on Nutrition and Physical Activity