A Body of Water

Water and Health Activity

Objectives:
1. Understand water’s role in health of the human body.
2. Learn that foods and beverages provide various amounts of water.

Age:
10 years and older.

Length:
Approximately 10 to 15 minutes.

Supplies and Materials:
1. Cups and water for a water break.
4. 12-ounce container of water for display.
5. Empty milk carton (2 quart). Fill with water.

Activity Directions:
1. Remind participants that water is essential to the body. Take a quick water break.

2. As participants drink, review the role water plays in the health of our bodies. Some suggested points follow:

   * water serves as the body’s transportation system moving nutrients, essential elements and body waste
   * water acts as a lubricant and protective cushion around tissues and sensitive organs like the eyes and brain
   * water helps digestion
   * water regulates body temperature
3. Share that we have to frequently replace water in our bodies through food and beverages. Suggested interesting facts are as follows:

* an adult will lose up to 16 cups of water a day – that is the amount of liquid in a whole carton of milk (show a 2-quart carton of water)

* 1½ cups of water is lost just from breathing – that is 12 ounces (show 12-ounce container of water)

4. Depending upon the size of your group, select food picture cards and their matching water percent cards so each person has one card. Be sure to include the human body cards. Set up a silent matching relay – no talking allowed. Distribute the cards and have participants find their partner with the matching card.

5. Below is the correct matching information. As you share each item, have participants find their correct partner, if they haven’t already.

The Human Body is approximately 70% water.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Water Content *</th>
</tr>
</thead>
<tbody>
<tr>
<td>chicken noodle soup</td>
<td>93%</td>
</tr>
<tr>
<td>broccoli, raw</td>
<td>91%</td>
</tr>
<tr>
<td>milk</td>
<td>89%</td>
</tr>
<tr>
<td>orange, raw</td>
<td>87%</td>
</tr>
<tr>
<td>cooked oatmeal</td>
<td>85%</td>
</tr>
<tr>
<td>grapes</td>
<td>81%</td>
</tr>
<tr>
<td>cooked rice</td>
<td>68%</td>
</tr>
<tr>
<td>roasted chicken</td>
<td>60%</td>
</tr>
<tr>
<td>roast beef</td>
<td>57%</td>
</tr>
<tr>
<td>whole wheat bread</td>
<td>38%</td>
</tr>
<tr>
<td>beef jerky</td>
<td>23%</td>
</tr>
<tr>
<td>raisins</td>
<td>15%</td>
</tr>
<tr>
<td>oatmeal cookie</td>
<td>6%</td>
</tr>
<tr>
<td>saltine crackers</td>
<td>4%</td>
</tr>
<tr>
<td>crispy rice cereal</td>
<td>2½%</td>
</tr>
</tbody>
</table>

* Water content based on listings in the USDA Nutrient Database.

Take Home Tidbit
Take home slip says the following:
“Ask me what I learned about the amount of water in food at the WIN Kids Fun Day.”
Sources:


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