

Essential Standard

- 7.NPA.2 – Create strategies to consume a variety of nutrient– dense foods and beverages and to consume less nutrient–dense foods in moderation.

Clarifying Standard

- 7.NPA.2.2 –Recall the health benefits of consuming more water.

Statement of Objective:

- *As you have just discussed with your partner, water benefits us in many ways. Today we are going to explore the benefits of drinking sufficient amounts of water. By the end of the lesson you may be more conscious of how your body's overall function is enhanced by water.*

Measurement Conversions:

A true measuring cup = 8 fluid ounces

8 cups = 64 ounces of water

8 ounces = 1 cup and 16 cups = 1 gallon

16 ounces = 2 cups = 1 pint and 8 pints = 1 gallon

32 ounces = 4 cups = 1 quart and 4 quarts = 1 gallon

128 ounces = 16 cups = 1 gallon

33.8140226 ounces = 1 liter (about one quart)

1000 ml = 1 liter

3.7854118 liters = 1 gallon



Video on Water (Discovery Education)

[Standard Deviants School Human Nutrition: Water](#)

Signs of dehydration

- a) Thirst
- b) feeling dizzy
- c) Lightheaded
- d) a dry or sticky mouth
- e) producing less urine and darker urine

Water has many important functions that benefit our body:

- a) Water helps the body metabolize fat.
- b) Water helps convert food into energy.
- c) Water helps the body remove toxins.
- d) Water helps your body stay cool.
- e) Water helps you fight colds and other viruses.
- f) Lack of water is the #1 cause of daytime fatigue.
- g) A 2% drop in body water can trigger short-term memory loss.
- h) Water helps our joints and sore muscles.



Matching Beverages with Nutrition Facts Labels



Nutrition Facts

Serving Size 8 fl oz (240 mL)

Servings Per Container 8

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Potassium 450mg 13%

Total Carbohydrate 26g 9%

Sugars 22g

Protein 2g

Vitamin C 120% • Thiamin 10%

Niacin 4% • Folate 15%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, Vitamin A, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet.



Orange Juice

- High in vitamin C
- High in sugar



Nutrition Facts

Serving Size 1 bottle

Servings Per Container 1

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Sodium 30mg 1%

Total Carbohydrate 27g 9%

Sugars 27g

Protein 0g

Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.



Coca-cola

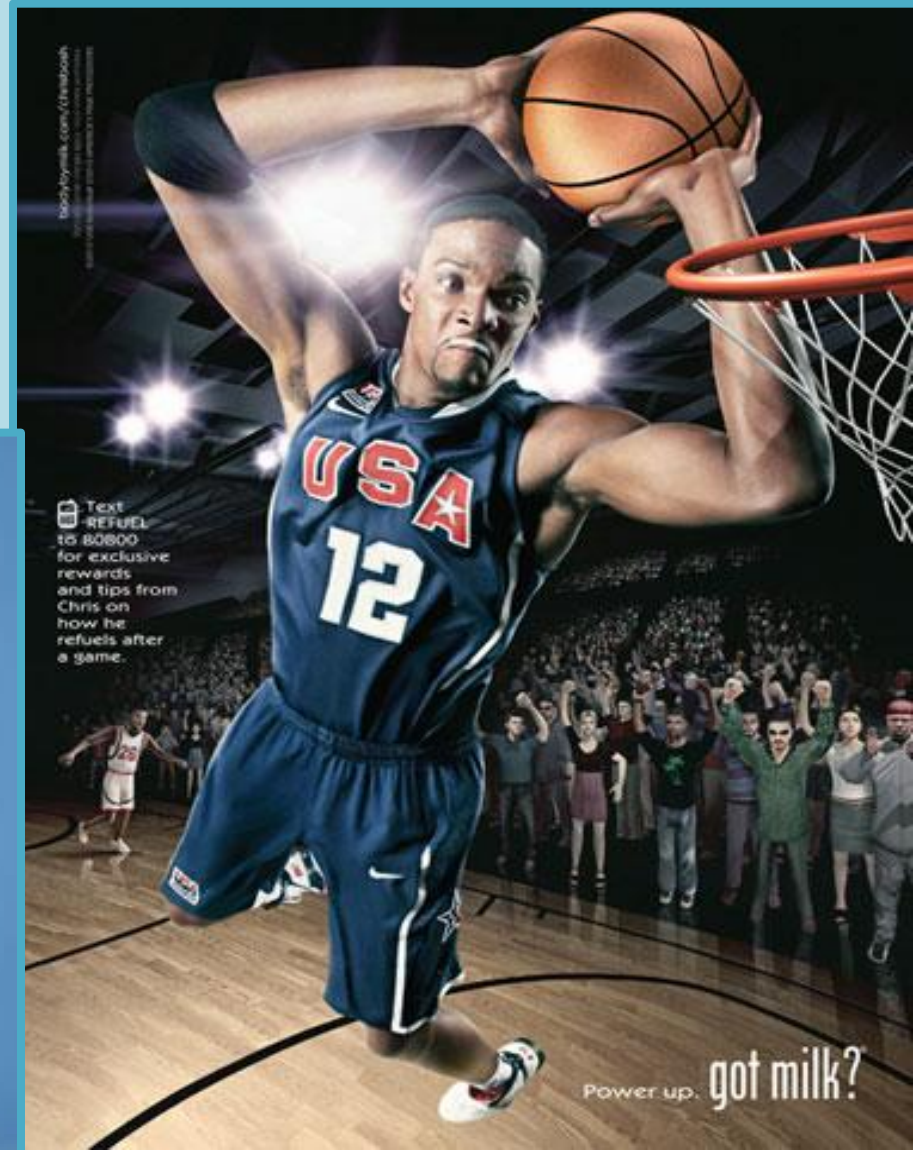
- Carbonated
- High in caffeine
- High in sugar



- Is Coke Zero the same as Water??

1% milk

- Good source of protein
- Good source of calcium
- Low fat



Nutrition Facts

Serving Size 8 fl oz (240ml)

Servings Per Container 4

Amount Per Serving

Calories 50

% Daily Value*

Total Fat 0g 0%

Sodium 110mg 5%

Potassium 30mg 1%

Total Carbohydrate 14g 5%

Sugars 14g

Protein 0g

Not a significant source of Calories From Fat, Saturated Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium, Iron.

* Percent Daily Values are based on a 2,000 calorie diet.



GATORADE[®]
THIRST QUENCHER

TESTED IN THE LAB. PROVEN ON THE FIELD.

Gatorade

- High in sugar
- Optimal for replenishment, not hydration!



Nutrition Facts

Serving Size 8 fl oz (240mL)

Amount Per Serving

Calories 50 Calories from Fat 0

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 8%

Sugars 8g

Protein 2g

Vitamin A 40% • Vitamin C 120%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g



Tomato Juice

- Good source of Vitamin A and C



Nutrition Facts

Serving Size 12 fl oz (360mL)

Servings per Container 1

Amount Per Serving

Calories 0

Calories from fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

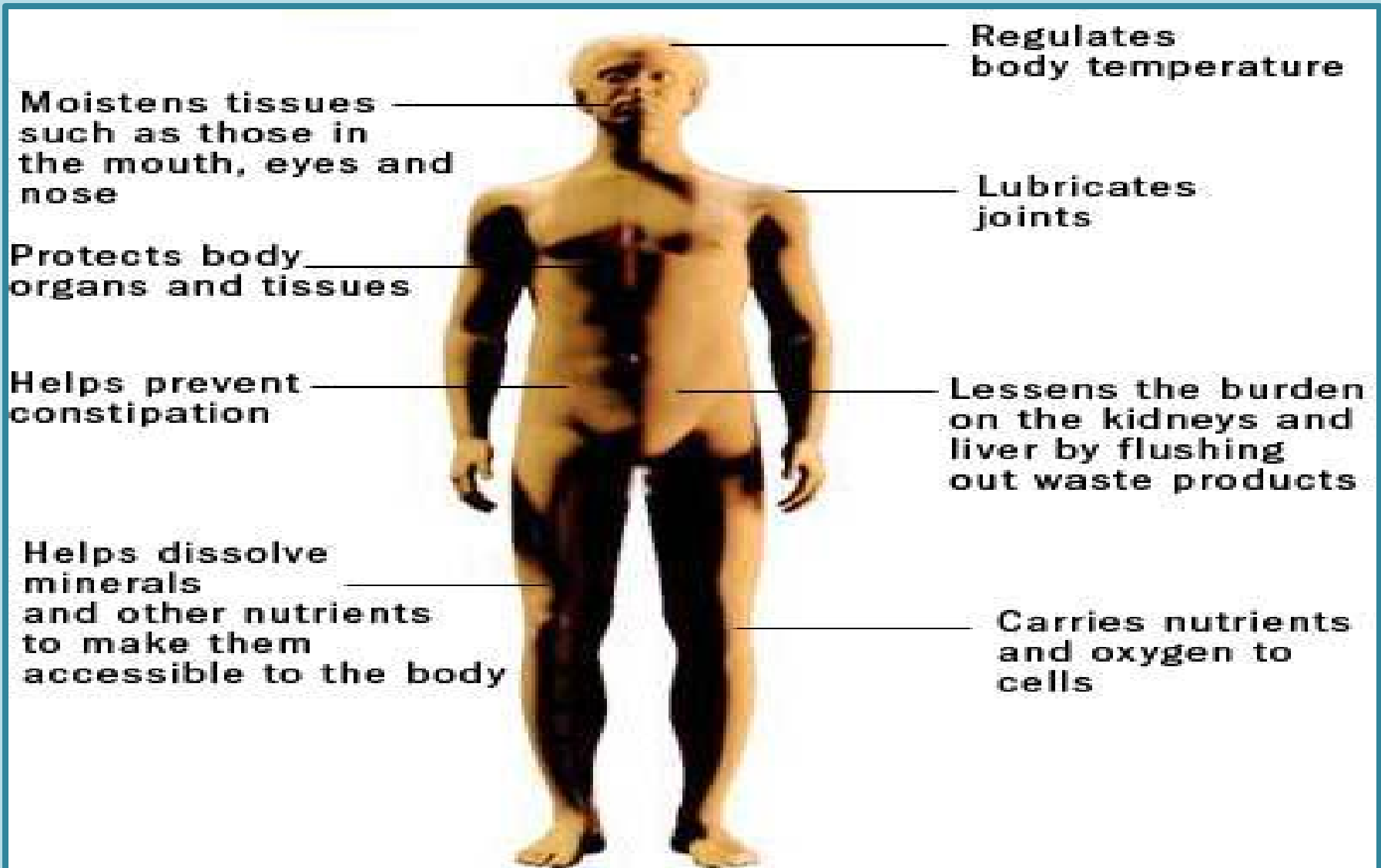
Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



WATER!!



- Hydration Game

Article to Discuss

Soda industry: Vending machines will show
calories

Closure:

- *Today you have learned some of the benefits of water. You need water for survival; your body is made of at least 60-70% water. As a general rule, drink at least eight glasses of pure clean water each day.*