



# DRAIN YOUR DRINKS!

## Activity Booklet



Name:

# Happy Hydration

## The Importance of Water

What we drink every day is just as important as what we eat. We need water - hydration - to function well and stay healthy. Our bodies are up to 70% water and we are always losing it through our skin (sweat), mouth (breathing) and when we go to the toilet, so we need to replace this water regularly throughout the day.

Do you know what happens if we don't get enough water? This is called dehydration and it can give us a dry mouth and headache, make us feel thirsty and faint and make us tired so we haven't got the energy to do the things we enjoy.

## Sad person/happy person

On the next page, create and colour in the characters to make one sad and one happy. Think about why they feel that way.

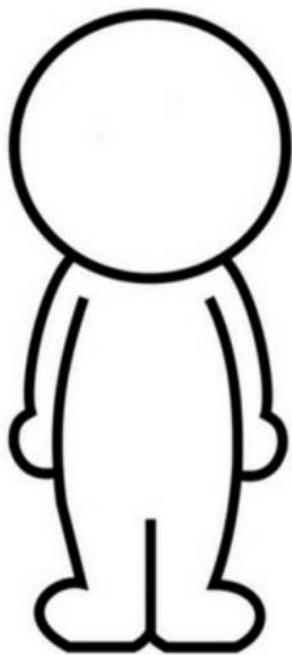
You can put some of the following words/phrases around them to show why they feel that way or use your own words i.e. I am happy because....

Sad - thirsty, headache, tired, no energy

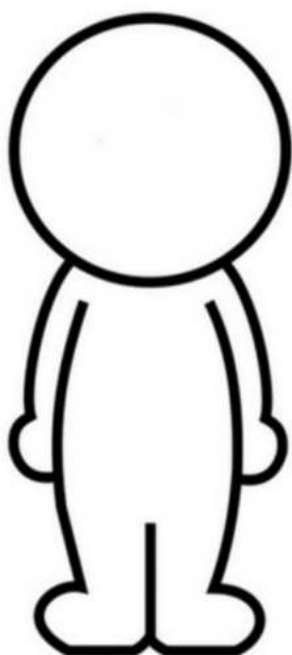
Happy - lots of energy, feeling great, drinking lots of water



## Happy Or Sad?



Sad and Dehydrated



Happy and Hydrated

## Drain Your Drinks

### Play your cards right

Cut out the different drink pictures at the back of booklet and spread them out on a table.

Think about the different drinks you see, if or when you drink them and if you like the taste.

Start with one card then take another and think if it is 'healthier' or 'unhealthier'.

As you pick up more cards you will create a line of drink cards. The aim is to finish with a line where the healthiest drink is at one end and the unhealthiest at the other.

Remember, it is fine to have a variety of drinks but water is always a good choice because it has no sugar, fat or caffeine in it like the others.

### Design your own water bottle

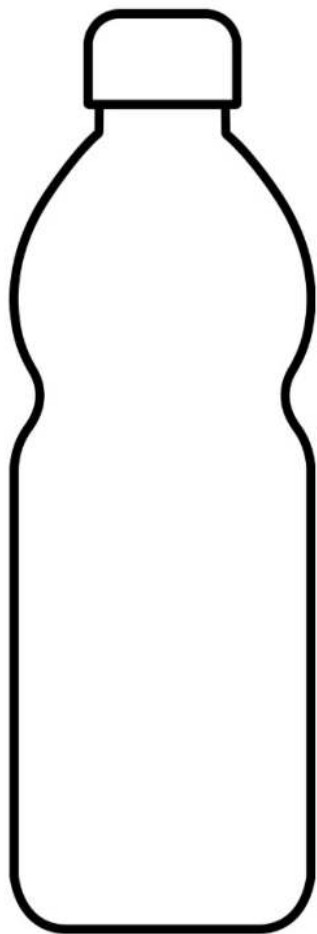
'You have been requested to help the design team of a new bottled water company. They want the label to appeal to all children so it needs to be bold, fun and able to persuade them that water is a cool drink to sip through the day!'

Design and draw the label on the next page.

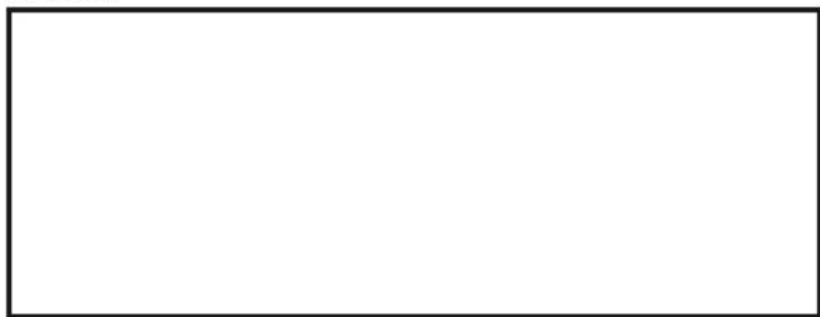
You could include:

- The benefits of keeping well hydrated.
- Tips about adding flavour to the water such as making home-made flavoured ice/ cubes.
- A catchy name/slogan
- Lots of colour to make it eye-catching

## Design Your Own Water Bottle



Label



# Planning A Super Smoothie

Take a look at the Eatwell Guide, it shows us that fruit juices and smoothies should be limited to 150ml every day. This is because they have a high natural sugar content.

One glass of fruit juice or smoothie can count towards our 5 a day, but we shouldn't drink too much as it contains natural sugar from the fruit. If we drink too much we can end up having more energy than we need and it can harm our teeth.

## 3 steps to a super smoothie

Design your own smoothie and give it a special name.

1. Choose your fruit - different berries, bananas, grapes
2. Add some liquid - milk, water, fruit juice
3. Make it creamier - add some yoghurt (fruit or natural)

Look at the pictures of different ingredients and identify each one. You could choose other fruits if you like. Think about if there is any need to add extra sweetness when fruit already has natural sugar in it.



### 3 STEPS TO A SUPER SMOOTHIE

1. Choose your fruit... Circle one or more



2. Add your liquid...



3. Make it creamier...



## Planning A Super Smoothie



**Ingredients:**



## Consolidate And Make



### FOOD SAFETY AND HYGIENE

What do you need to do before you start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a brightly coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:

[www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

Cook A Long videos to accompany these recipes are also available at: [www.phunkyfoods.co.uk/parents/cooktogether/](http://www.phunkyfoods.co.uk/parents/cooktogether/)

## FRUIT INFUSED WATER



Water is the cheapest and healthiest way to hydrate our bodies, and in the UK tap water is a fantastic way to make sure you get enough to drink.

Citrus fruits and berries are great as they give loads of flavour (bananas are not suitable so don't use them!) You can also use herbs such as basil and mint, and cucumber also works really well.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; use a jug to measure liquids; tidy away.

**Equipment:** Large jug of water, cups/glasses, round-bladed knives, chopping boards.

### Ingredients (serves 4):

- Water
- Berries - Strawberries, Blueberries, Raspberries, Blackberries
- Herbs - Mint
- Citrus fruits - Lemon, Orange, Lime
- Apple
- Cucumber

### Why not try:

- Apple and blackberry
- Cucumber and mint
- Raspberry and lemon

### Method

1. Fill the jug with water and leave to one side.
2. Chop and mash your chosen fruits using a knife and chopping board.
3. Put all of the chopped fruit into the jug of water, mix and leave to steep for 20 minutes.
4. Pour into four glasses and enjoy!

### So, thinking about flavoured water...

**Water** enables our brains and bodies function by transporting nutrients to all the parts of our body. If we don't have enough water in our bodies, we would become dehydrated.

**Fruit** is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.

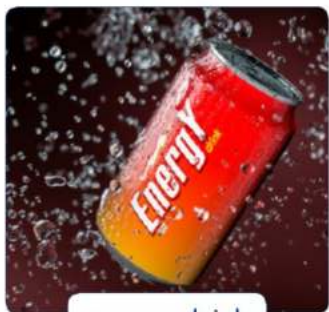




water



hot chocolate



energy drink



milk



homemade  
milkshake



fizzy cola





fruit squash



tea  
(no sugar)



smoothies



# Suggested Answers

Most Healthy Choice



water



milk



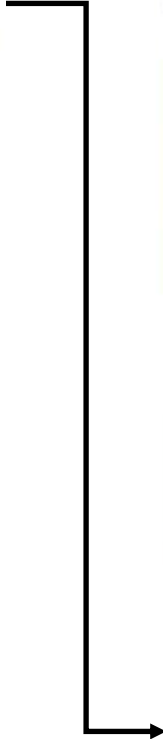
smoothies



tea  
(no sugar)



homemade  
milkshake



fruit squash



hot chocolate



fizzy cola



energy drink

Least Healthy Choice