



HEALTHY EATING WEEK

Hydration happy!

Why we need water?

- Water carries nutrients to the cells in our bodies
- Water helps to remove all the waste products from our major organs
- It also helps us to control the temperature of our bodies



Facts and figures about H₂O

- Water makes up about 60% of our body weight
- Water is found in all drinks but also in food - It's in orange juice and milk but also in fruits and vegetables that seem to be solid. It's even in cheese!
- Water is constantly being lost from our bodies (when we go to the toilet, when we breathe and when we sweat so if we don't drink enough we become dehydrated)
- People can survive for up to 50 days without food but only a few days without water



How much water should we drink?

In addition to the water we eat as ingredients in our food, we need to drink;

- Age 3- 8 – 1.3L
- Age 8-12 Girls – 1.5L
- Age 8-12 boys 1.7L

What happens if we don't get enough water?

- We become very thirsty
- We can get headaches
- We might feel very tired
- We can get muscle cramps
- Our skin can become very dry
- And if this goes on for a long time, we can become very, very ill

