

Water works!

TRY THESE GOALS:

1. Aim to drink 6-8 cups of water a day
2. Swap a sweet or fizzy drink for water each day

Sweet and fizzy drinks (like soft drinks and cordial) are very high in unhealthy SUGARS. Too much sugar is unhealthy for teeth and can cause TOOTH DECAY. Drinking or eating too much sugar can also make it easy to put on weight. Water keeps you HYDRATED, and keeps your body operating the way it should. It also helps your brain stay awake and helps you CONCENTRATE.

TRAIN YOUR TONGUE!

Do you need to train your tongue? Maybe you love water and can dive straight in or perhaps you don't know where to start when it comes to drinking more water. It's easy to get hooked on the sweet stuff. But did you know that you have gazillions of taste buds on your tongue, not just sweet ones?

EXPERIMENT TIME!

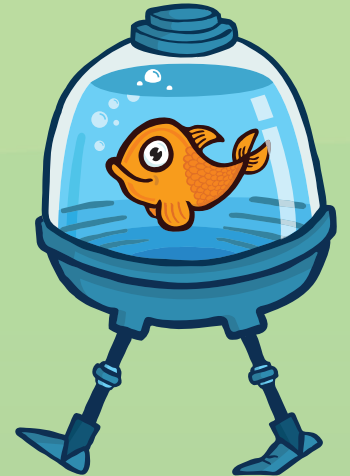
First things first, pick your bravest friends and blind fold them! Follow the recipes, and ask them to mark each taste out of 10. Fill out your report for the Mad Drink Professor. If they think 'yuck', then score 1, if they think 'yum' then score 10.

YOU WILL NEED:

- 5 Glasses
- 4 lemons
- Blind fold for your brave friends and family
- Salt
- Coffee
- Tap water
- Sugar
- 3 Ice cubes
- Spoon to stir the potions

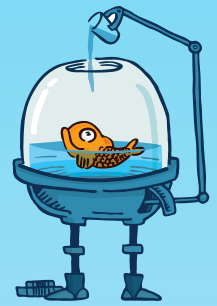
RESULTS:

POTION	RECIPE	SCORE OUT OF 10
Salty potion	Mix 1 glass of water with 6 spoons of salt	/10
Bitter potion	Mix 1 glass of water with 1 spoons of coffee	/10
Sweet potion	Mix 1 glass of water with 6 spoons of sugar	/10
Sour potion	Mix 1 glass of water with the juice of 4 squeezed lemons	/10
H2O potion	Mix 1 glass of water with 3 ice cubes	/10



**What did you find out?
Could you tell the difference
between all the tastes?
Which potion would you
recommend to a friend
to keep those taste buds
happy?
WE BET IT'S WATER!**

WHO WANTS TO BE A HEALTHIONNAIRE?



Read the questions and circle the right answer! Get in teams at home and play. Show off the healthy knowledge you have learnt from the Active 8!

1. Clio is struggling because she doesn't like the taste of water as much as sweet drinks. She should:

- a) Give in and have sweet drinks instead, at least she'll enjoy it. How much difference can drinks make anyway?
- b) Keep trying water – before long her taste buds will be used to it and Clio will feel healthier
- c) Go for diet drinks, they don't have sugar in them so they must be healthy

2. Joe is doing well to reduce sweet drinks at home, but finds it really tricky on the way home from school when he passes the milk bar. He should:

- a) Not worry too much, it doesn't matter if it's only after school
- b) Resist the sweet drinks but buy chocolate to satisfy that sweet craving instead
- c) Cross the road so he doesn't walk past the shop – he could save all the extra money he doesn't spend on sweet drinks to buy something he really wants

3. Charlie is doing really well at reducing his sweet drink intake but struggles at parties when all his friends are slurping sweet drinks. He should:

- a) Not go to the party so he won't be tempted to have sweet drinks
- b) Go to the party and have as many sweet drinks as he wants. It's a special occasion and it's not like he's going overboard on all the party food
- c) Wow all his friends at the party with his water wisdom and get them drinking water too so they are alert and ready for the party games

4. Alison loves swimming on Saturday as she can hang out with her friends and be healthy, but she always works up a thirst! She should:

- a) Grab a sweet drink from the vending machine after swimming, it's all there is and after all, she has just been active for an hour
- b) Be like Goldie, fill up her drink bottle to take with her so she doesn't get thirsty and stays in top form whilst swimming
- c) Not drink anything as she doesn't have any water and it's better to drink nothing at all than to have sweet drinks

5. Jamal wants to stay Friendly and plans to drink less sweet drinks. He should:

- a) Just drink 100% fruit juice and smoothies instead as they are full of vitamins and minerals
- b) Aim to drink mostly water (6 – 8 cups) as this is the healthiest choice, and have up to ½ cup of 100% fruit juice if needed
- c) Not have as much to drink throughout the day, he doesn't need it

6. Anna really wants to drink less sweet and fizzy drinks but finds it hard at dinner time when the rest of her family have sweet drinks. She should:

- a) Ask her family to try and limit their sweet drinks too. Get the whole family to follow Goldie's advice about drinking more water and less sweet and fizzy drinks
- b) Not worry about it, everyone else is having sweet drinks and they're ok, so it can't be that unhealthy
- c) Keep quiet so she doesn't cause any hassle, and eat dinner alone if she's really struggling

THE IMPORTANCE OF WATER!

- Your child should aim to drink 6 - 8 cups (minimum) a day.
- Water is essential for life and did you know that over 50% of our body's weight is from water?
- Water is not stored in our body's therefore it is essential to replenish our bodies daily.
- Water helps to maintain the health of the cells in our body which are required for all bodily functions; it gets rid of all the substances that you don't need in your body; it helps to maintain our body temperature; it carries nutrients to our cells; helps our digestive system and has many, many more important roles.

Try these top tips to keep your child hydrated with the good stuff!

1. SET SMART GOALS AND REWARDS

Help your child set a SMART goal for their sugary and soft drink intake. Agree to a reward and make sure you check it together every week. If your child is finding it hard to stick to their goal, work together to make it more realistic.

2. GET PRACTICAL

Create a friendly environment at home. If it helps, remove sweet drinks from the home – you may choose to just buy them for special occasions. Provide your child with water for school so they do not need to purchase a drink, and make sure cold water is readily available at home. You could get a water filter to put in the fridge and make sure they always have a water bottle on hand.

3. CHALLENGE THE FAMILY

Did you know that your kids may opt for sweet drinks just because you do? Be a good role model and get the whole family involved. Keep your own water bottle on hand and try to always choose water as a drink.

Useful Links

- www.eatforhealth.gov.au
- www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child_nutrition_juices_and_sweet_drinks
- www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Water_a_vital_nutrient
- www.raisingchildren.net.au/articles/healthy_drinks_for_kids.html
- www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx