

# HEALTHY WATER— DRINKING HABITS



# HOW MUCH WATER SHOULD YOU DRINK A DAY?



Girls and boys 4-8 years old	Girls and boys 9-13 years old	Girls 14-18 years old	Boys 14-18 years old	Adult Women	Adult Men
5 cups (40 oz)	7-8 cups (56-64 oz)	8 cups (64 oz)	11 cups (88 oz)	11.5 cups (91 oz)	15.5 cups (125 oz)

# HOW DOES WATER ENTER THE BODY?

## Fruit is a source of water for your body!

Fruits highest in water content:

- Sandia (watermelon) → 91% water
- Fresas (strawberries) → 91% water
- Papaya → 88% water
- Guava → 80% water
- Mburucuya (passion fruit) → 73% water



# VEGETABLES HAVE WATER TOO!

## Water enters the body by eating vegetables

Vegetables highest in water content:

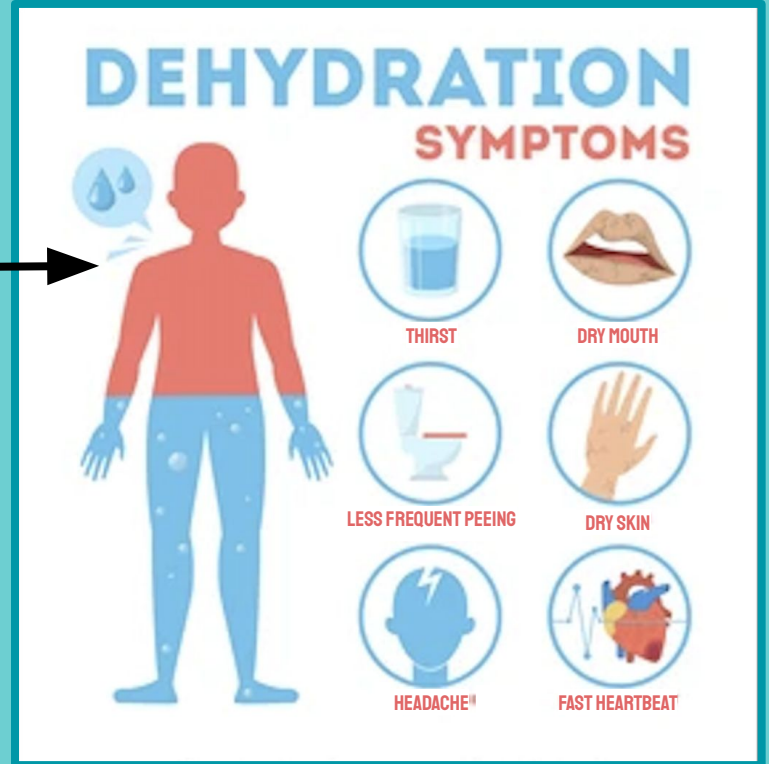
- Aji amarillo (Orange Chile Pepper) → 88% water
- Jicama → 85% water
- Maca (radish) → 80% water
- Papa (Potato) → 80% water
- Cassava → 60-70% water



# YOUR BODY NEEDS WATER!

## What is dehydration?

- Dehydration is when you do not have enough fluids, like water, in your body
- When you are dehydrated, you may:
  - Feel thirsty
  - Have dry skin and a dry mouth
  - Have a headache
  - Have a fast heartbeat
- Dehydration can be serious because your body does not have enough fluid to function properly



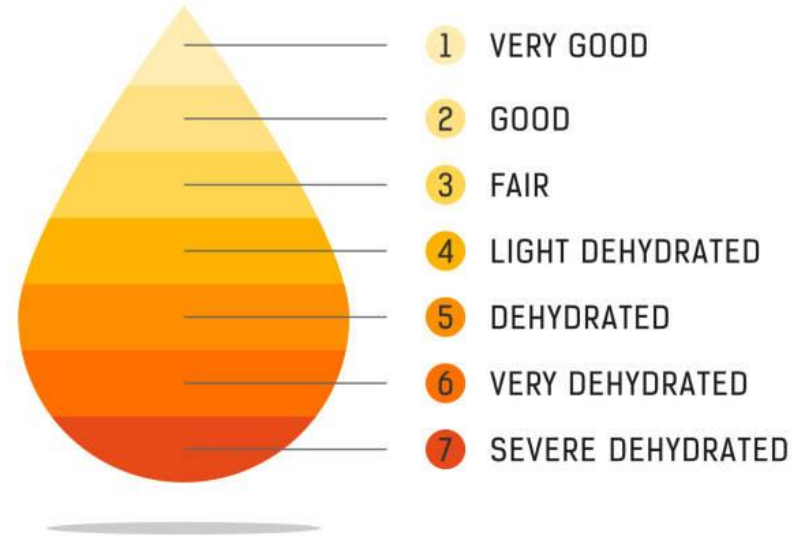
# WHAT COLOR IS YOUR URINE?

## What color is normal urine?

- If you're drinking enough water throughout the day, your urine should be pale yellow in color!

## Why is my urine bright yellow?

- If your urine is yellow, you should drink more water! Bright yellow urine indicates that your body may be dehydrated.



## How does water affect your pee?

- What color is your urine (pee) normally?
  - Maybe it's yellow? Clear?
- Try taking a look at the color of your pee then drink 2 cups of water in 2 hours and check the color of your pee again.
  - Make a hypothesis: Do you think the color of your pee will change?  
Did the color actually change?

Hypothesis: I think the color of my pee will **change** / **not change**  
(circle one) because \_\_\_\_\_.

## How does water affect your pee?

- The color of your pee actually tells us a lot about if you are drinking enough water!
  - If your pee is very dark yellow, that might mean you are not drinking enough water
  - If your pee is close to clear, you are getting a good amount of water!

