



WATER MAKES LIVING THINGS GROW



Every living thing needs water to survive. Nearly every system in your body depends on water to work right, including our organs, muscles, joints, and nervous system.

Today we set up a science experiment in our classroom. We have three plants. One will get water every day or as needed. One will get soda every day or when it looks dry. The third will get nothing. We are going to keep track of what happens to these plants over time. Be sure to check in with your child every once in a while to find out what we're learning!



AT HOME ACTIVITY

Most people can benefit from drinking a little more water. In fact, if you wait until you're thirsty you're already a little bit dehydrated.

Try these simple tips for adding a little more of this "liquid gold" into your day:

1. Start out with 8 ounces. First thing when you get up in the morning have a glass of water.
2. Carry your own bottle. Rather than buy expensive bottles or go without water for long periods of time, get in the habit of carrying some with you in a reusable container.
3. Invest in a filter. If you like water chilled or don't like the taste out of the faucet, invest in a pitcher with a filter or even a filter attachment for your kitchen faucet.
4. Replace at least one other beverage a day with water.
5. If you think you're hungry for a snack, try a glass of water first. Many times people think they are hungry when they are actually slightly dehydrated.

FIND FRUITS OR VEGGIES

Trade in a glass of water for fruits or vegetables that have a high water content. Celery, cucumber, watermelon and cantaloupe are just a few examples of fresh produce that have a water content of more than 90 percent. Fresh fruits and vegetables are excellent sources of antioxidants, minerals, and fiber and make great options for a healthy, nutritious snack.

