



# NUTRITION FACT SHEET



## HYDRATION

### Why is water so important?

When we are born, water makes up about 75% of our body weight. Our bodies are constantly losing water through sweating, breathing and going to the toilet. It's really important that we replace the water that we lose because water helps to carry nutrients around our bodies, remove waste products from our major organs and control our body temperature. It helps us to concentrate too!

### Drink, drink, drink!

Water is found in all of our food and drinks, but it's important that we try and rehydrate with plain water as much as possible. That's because a lot of other drinks like

juice drinks and fizzy drinks contain a lot of sugar which can damage our teeth and aren't as effective as water at rehydrating us. Try to drink 6-8 glasses of fluid each day and make as many of these plain water as you can.

When it's hot or you exercise you lose more water through sweating so it's even more important that you drink some extra water then.

Make sure your child has a bottle of fresh water in their school bag every day and encourage them to have a glass of water with their lunch. Unlimited free fresh drinking water is available in the school dining hall at lunchtime every day.

### Family Challenge:

create a chart so you can record how many glasses of water and other drinks you all have each day! If you don't drink 6-8 glasses of water each day then set yourself a challenge to drink more.

**TOP TIP:** If you or your child don't like water and usually add squash or juice, try to gradually reduce the amount you use. Your taste buds will change and you might start to like plain water. You could also add some fruit like lemon or lime to flavour your water in a healthy way.

