

*The LiveWell Kids program partners with Redondo Beach Unified and Hermosa Beach City School Districts to provide elementary students with interactive nutrition and garden lessons to help them adopt mindful healthy behaviors at an early age.*

## **LiveWell Kids Nutrition Program**

### **Module 4: Water**

Water is essential to our health and survival, yet 25% of children ages 6-19 do not drink water on a daily basis and 63% of youth drinks at least one sugar-sweetened beverage on any given day. This can affect children's mood, fatigue, cause dehydration and even more serious, health issues. Children should be getting 6-8 glasses a water every day. Research suggests that adequately hydrated children may perform better in school.

In their LiveWell Kids Nutrition Module 3 lessons, children learned about the benefits of drinking water and decreasing sugar-sweetened beverage consumption. Students discussed ways water is used to benefit our health, identified foods with high water content and discussed ways to increase water consumption.



Here are some tips to increase your family's water consumption:

- Buy a reusable water bottle and bring it with you wherever you go so that you access to fresh water at any time.
- Start the morning out a large glass of water so your family starts their day hydrated.
- Try flavoring water with different fruits, vegetables in herbs. Try pineapple and mint, strawberry and basil, cucumber and lemon. Have your child help and get creative with the combinations.
- Water is best to replenish the body after physical activity. Sports drinks often have sugar, sodium and food coloring.
- Output matters: teach your child to recognize signs of dehydration. They can tell how much water they are drinking by how often they go to the bathroom and by the color of their urine. Dark yellow is a sign of not enough water, so encourage them to pay attention and drink enough throughout the day.
- Don't forget to eat your water: many fruits and vegetables have high water content so fill up on cucumbers, oranges, leafy greens, tomatoes and celery.

Make a family pact to drink more water and try to get your 6-8 glasses in every day as well as eating some juicy fruits and vegetables. Your body will thank you for it!

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#### Reference

<https://www.npr.org/sections/health-shots/2015/06/11/413674246/got-water-most-kids-teens-dont-drink-enough>  
<https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>

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