Grade 7 - NUTR-6 Nutrition 2020 Virginia SOLs



Hydration

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

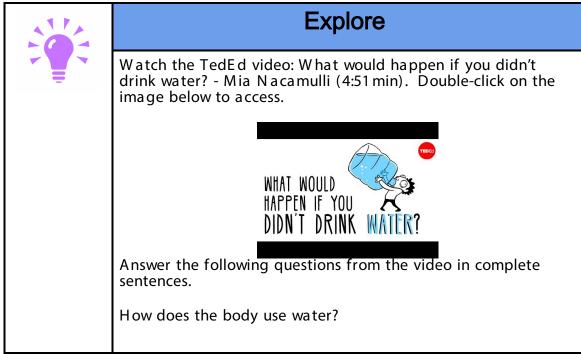
The next page includes a handout for the lesson.



HYDRATION

7.1.f Describe ways to prevent weather or climate -related physical conditions such as allergies, asthma, sunburn, dehydration, heatstroke, heat exhaustion, and hypothermia.

Link
Water is an essential element for all life on earth and our bodies are made up of about 60% of water. How much water do you drink during a typical day? Think about yesterday and estimate how many ounces of water you consumed and when you had the water. A small cup is about 8 ounces and a bottle of water is 12 -16 ounces. Write your estimate in the box.
When did you drink water? Write a response. I drank water during/with (ex. Breakfast, snack, during practice)
How much water is enough and can a person drink too much water? Why is water so important to the human body? In this lesson you will explore answers to these questions.



What are the effects of dehydration or low water levels on the body and brain?
What are the effects of overhydration on the body and brain?

Explain



How much water should someone drink?

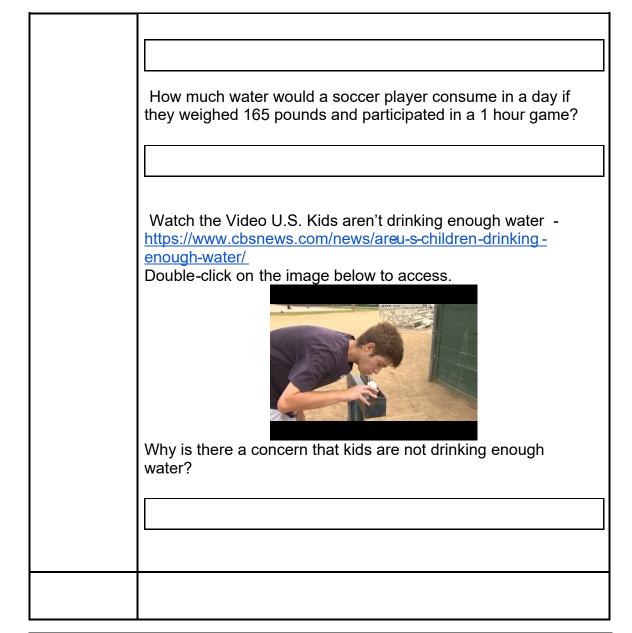
Calculate your RDA for water intake and the intake for the different people in the question s. Be sure to add the 8 ounces for each 20 minutes of time you or the person described are physically active.

How much water (in fluid ounces) should you consume in a day? Show your calculation steps.

How much water (in ounces) should an NFL linebacker consume in a day if they weighed 250 pounds and played in a 60 minute NFL game? Show your work and calculations in the space below.

How much water should a ballet dancer consume in a day if they weighed 145 pounds and participated in a 2 -hour practice?

How much water should a golfer consume in a day if they weighed 175 pounds and played 18 holes of golf (4 hours)?



Apply New Learning
Based on what you have learned, choose one activity to help students drink more water.
Activity 1: Hydration Poem - Write a poem that stresses the importance of hydration.
Activity 2: Hydration Song - Create a song that emphasizes the importance of hydration.
Activity 3: Hydration Commercial - Create a commercial that highlights the impo rtance of hydration.
Activity 4: Hydration Blog - Write a blog that underscores the importance of hydration.

Activity 5: Your choice	9	
Be sure to share your work (provide link to work or post in our Google Classroom)		
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\checkmark	Reflect
	Write a response. Think back to the beginning of the lesson when you wrote down how much water you consumed last week. Do you drink enough water each day? If so, what are your best strategies? If not, what changes can you make to increase your water intake?
	Water is often a commodity we take for granted. We use water for everyday activities such as cooking, watering the grass, washing our cars, brushing our teeth, and showering, yet we sometimes forget to do the simplest thing, drink it! So, instead of reach ing for that soda next time, think about putting that soda down, pour yourself a glass of water, and stay hydrated!