

Lesson 1

How Do We Know Water Is Our Best Friend?

Key Idea

We always have water in our bodies. We put it there when we eat and drink.

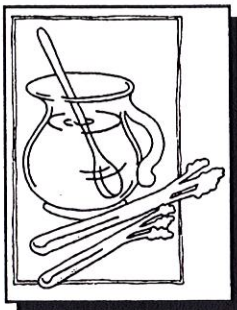
Activity

Students will prepare a snack to learn how water gets inside our bodies and how it is retained there. This lesson will take several days.

Materials

Celery sticks for snacks
Extra celery to set aside for Lesson 2
Package of Koolaid
Pitcher of water
Paper cup for each child
Measuring cup
Eight water glasses
Kitchen scale

Procedure



- 1 For the class snack, have a child help you mix and measure Koolaid in front of the class. Serve the Koolaid and celery sticks.
- 2 After snacks ask the children questions such as: How much water did we use to mix the Koolaid? Why did we use it? (so we could drink it) Where is the water now? (inside us) How did we put water into our bodies when we ate the celery? (Celery has water in it.) How can we show that eating celery gives us water?
- 3 Weigh the extra celery, label it, and spread it out to dry for several days.
- 4 Have the children hold the dried celery in one hand and the fresh celery in the other. Ask the children what they think happened to the celery. Why does it look different?

Procedure
(cont.)



- 5** To demonstrate how much water we should take in daily, have a child pour and set out eight glasses of water.

Explain: This is how much water your body needs every day. Your body gets much of its water from "water you eat." More than half your body is fluid, most of it water (70%); grownups are less "juicy."

Continue the discussion by asking: What did you eat today that was partly water (e.g., milk - 87%, bread - 50%, wheat grain cereal - 15%, eggs - 65%, cucumbers - 97%, strawberries - 90%, cabbage - 89%, apples - 80%, potatoes - 78%, fish - 80%, beef - 62%, plants - 75%, and bacon - 22%)? How does the water in these foods get into your body? How do you know there is water in your body? How does your skin feel on a hot day, or when you have been running or playing hard? When you cry, where do the tears come from? To extend the children's study of water, you may wish to send home copies of the following letter to parents:

Dear Parents,

Our class is learning about water and why it is our best friend. Your assistance could make our school study more meaningful to your child. Would you help your child become more aware of the following items:

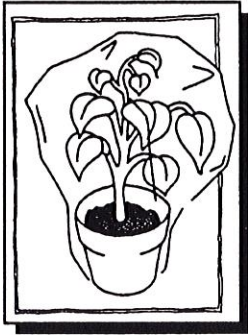
- Your home's source of water;
- how water is delivered to your house;
- your different household uses of water;
- where you use the most water;
- your water meter;
- your water bills for different seasons (if available); and
- some ways you conserve water.

If you have additional information for our study, please tell us.

Thank you,

Teacher of Eager Learners

Extension



Students will discover that plants also use water and that plants, like people need water to live. Plants also store water and slowly release it.

Materials needed for this extension activity are: potted plant, plastic bag, sticks to keep bag from touching leaves and tape.

Tape plastic bag "tent" over a potted plant.

Set the plant in a sunny window and watch water drops form inside the bag. When the condensation is clearly visible, ask:

- How do we know that this plant has water inside it? (Small drops of water condense inside the sealed bag.)
- Where does the water come from? (from the plant leaves and from the soil)
- How does a plant use its water? (just as you do, to carry food to growing cells)
- When we eat parts of a plant - leaves, stems, fruits, and blossoms - where does the plant's water go? (into you)
- How else do plants give back some of their water to us? (Accept various answers and indicate Lesson 2 will provide the answer.)
- Pick one leaf from the plant and let it dry. Examine the leaf several days later and ask the students what happened to the leaf. Compare the leaf to the dried celery.