Third Grade Activity Booklet Lesson Plan
Healthy Drink Behaviors

GPS HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

GPS HE3.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

GPS HE3.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Materials

Student supplies:
- HealthMPowers Activity Booklet (page 9)
- Choosing Healthy Habits Planner

Teacher supplies:
- None

Opening

ESSENTIAL CONCEPTS:
- I can drink more water and less sugary beverages
- I can name at least 3 reasons why water is good for my body and my health.
- I can set a goal regarding an amount of water to drink.

HOOK/INTRODUCTION ACTIVITY:
Background:
Every day we decide what to drink during and in between meals. It is important that we know how these decisions impact our health and how we feel. Water is always the healthiest option. One reason is because it has no added sugars that harm our health. When we feel thirsty, rather than reach for a sports drink, a soda, or any other sugar-sweetened beverage, we should try drinking water.

- Ask students to remember and write down everything they had to drink yesterday or today. Include the amount of each drink as well (for example, if a student had water with lunch and dinner, have them specify that rather than just “water”). Then, ask them to figure out how many cups of water they drank and how many they think they should drink every day (8). Have them practice their addition and subtraction by finding out how many more cups of water they would need to drink to reach the goal of 8 per day.
### Exploring

#### STUDENT AND TEACHER PROCEDURES:

**Lesson:**
Your body is made up of about 60% water. It has many important jobs, and it needs water to accomplish them. Water helps to digest food, protect organs and tissues, and rids your body of wastes. It also helps your body’s immune system fight off sickness and disease. So, the more water you drink, the healthier you can be!

In order to give your body the water it deserves, you should aim to drink about 8 cups of water every day. However, it is important to drink even more when playing sports, exercising, and when you are sick. If your body does not get enough water, you could become dehydrated. Dehydration occurs when the amount of water leaving the body through sweat, going to the bathroom or vomiting is greater than the amount of water taken in. This can be dangerous to your health.

If you find it difficult to drink 8 cups of water every day, here are some tips to help. First, always carry a water bottle with you so you can drink water on the go. Plus, if you freeze it overnight you can have cold water throughout the day. Next choose water over sugary drinks like soda, sweet tea and sports drinks. Lastly, infuse your water with fruits or vegetables like lemon or cucumber for a refreshing taste.

#### Enrichment:
- Challenge students to complete *Family Challenge #2* in the Choosing Healthy Habits Planner
- “Food Choices” Activity on page 85 of the Choosing Healthy Habits Planner

#### Assessment:
Complete *Healthy Behaviors K-W-L Chart* in the HealthMPowers Activity Booklet (page 9)

### Closing

#### REVIEW:
- Have students write down 3 reasons why it is important to choose to drink water instead of sugary drinks. Have them turn to a partner to share ideas. Together, see if they can come up with 1 more reason that isn’t on either of their lists.
- Set a goal related to water, and track water consumption using the “Take Home Healthy Habit Tracker” on pages 88-94 or pages 140-146 in the Choosing Healthy Habits Planner
Gavin, Mary L. Why Drinking Water is the Way to Go. Kids Health. 2018.