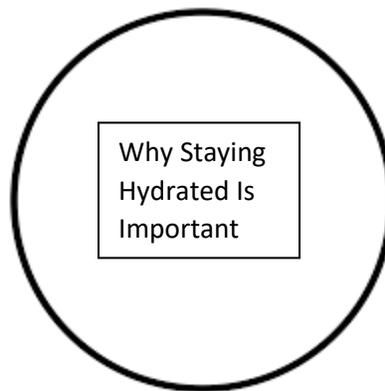


Hydration

Either complete this worksheet and email it to your teacher, or complete your answers on a piece of paper, take a picture and send it to your teacher.

Task 1 – Complete the mind map below, or draw one on a piece of paper. Use the webpage link on the PowerPoint to help you.



Task 2 – Complete Jimmy’s Thirsty and Body Splash games (links on PowerPoint) and record your score in the table.

Quiz	Score	Score
Jimmy’s Thirsty		
Body Splash		

Task 3 – Read the case studies on the worksheet and calculate how much sugar each person is consuming. Table 1 shows you how roughly how much sugar is in each drink.

Table 2 is where you should record your answers

Drink (330ml)	Teaspoons of Sugar
Water	0
Irn Bru	4
Flavoured Water	3
Monster	13
Diet Coke	0 (but it has sweeteners)
Herbal Tea	1
Coke	9
Orange Juice	6

Case Study 1

Sally wakes up in the morning and has a glass of orange juice with her breakfast. At break she has a flavoured water and with lunch she has a coke. After lunch Sally has PE, so she drink a glass of water to quench her thirst. In her period 6 lesson, Sally feels thirsty again, so on the way to period 7, she has another flavoured water. With dinner, Sally has another coke. Before bed, Sally drinks a herbal tea with her Mum.

Case Study 2

Frank has a coke with his breakfast, followed by a glass of water. On the way to school Frank drinks a monster and has another one at break. For his lunch he has an Irn Bru with his pizza and chips. After PE he has an orange juice. At dinner he has another can of coke and nothing more after that.

Who	Sugar from drinks
Sally	
Frank	

Do either Sally or Frank drink enough water?

Extension Task

If you complete all the tasks this week, you can make a poster for the walls in HE and PE, giving tips to your peers on how they can drink more water.

[Hydration: Why It's So Important - familydoctor.org](https://www.familydoctor.org) - there are some tips on this page if you need some help.

Fitness Challenge -

Your challenge is to complete the bingo card through either walking, jogging or cycling

Each square has a letter in it

Either take a picture or note something down that you see that starts with that letter

The aim is to try and complete this board with as many interesting pictures/notes as you can

Complete your board and email it to your PE/HE teacher

If you complete it on paper, take a picture and email this to your teacher

M	T	O	D
G	P	H	L