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AM I DRINKING ENOUGH AT SCHOOL?

What do you, a tree, and a lion have in common? You all need water! To stay healthy it is important to drink enough liquid every day.

During warm weather and when exercising you need to drink more. When you don't drink enough you get dehydrated. Being dehydrated means that your body doesn't have enough water to work properly.

Did you know that most of your brain is made up of water? Dehydration affects your memory and attention. So, to be at your best, make sure you drink enough at school.



Water

The healthiest drink you can have is water. Water helps the nutrients in the food you eat move around your body. You find water in the food you eat too. Fruits and vegetables contain lots of water.



Milk

Milk is another great drink. Milk provides water and calcium. Calcium helps keep your bones and teeth healthy. There are lots of different types of milk. Skimmed or semi-skimmed milk are both good choices. Remember that you should only drink skimmed milk if you are older than 5.



Juice

Fruit juice is good for you, but choose it less often than water and milk because it is high in sugar. One glass (150ml) counts as one portion of your 5 A DAY, no matter how much you drink.

When choosing a juice, always make sure it has no added sugar.



Sugary drinks

You should try not to have sugary drinks, such as fizzy drinks, squash, and milkshakes. These drinks contain a lot of sugar that your body doesn't need. They are also bad for your teeth.

MY DRINKS CHART



What do you usually drink at school? Use this chart to check if you are drinking enough, and how healthy your drinks are.

Every time you drink something at school put a cross in one of the boxes. At the end of the week count the crosses to see if you are drinking enough and making healthy choices.

Drink tip:

Keep a bottle of water in your school bag so you can have a drink whenever you need one.

	Water Your best choice		Milk Another great drink		Juice Choose it less often		Sugary drink Do without it		Total
	1	2	1	2	1	2	1	2	
Monday	1	2	1	2	1	2	1	2	Water _____ Milk _____
	3	4	3	4	3	4	3	4	Juice _____ Sugary _____
Tuesday	1	2	1	2	1	2	1	2	Water _____ Milk _____
	3	4	3	4	3	4	3	4	Juice _____ Sugary _____
Wednesday	1	2	1	2	1	2	1	2	Water _____ Milk _____
	3	4	3	4	3	4	3	4	Juice _____ Sugary _____
Thursday	1	2	1	2	1	2	1	2	Water _____ Milk _____
	3	4	3	4	3	4	3	4	Juice _____ Sugary _____
Friday	1	2	1	2	1	2	1	2	Water _____ Milk _____
	3	4	3	4	3	4	3	4	Juice _____ Sugary _____