

Grade 5: Hydration is Important!



Designed by [Freepik](#)

Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025

Why is water important in your body?

- a) Your blood is mainly water
- b) It helps control your body temperature
- c) It cleans waste out of your body
- d) All of the above



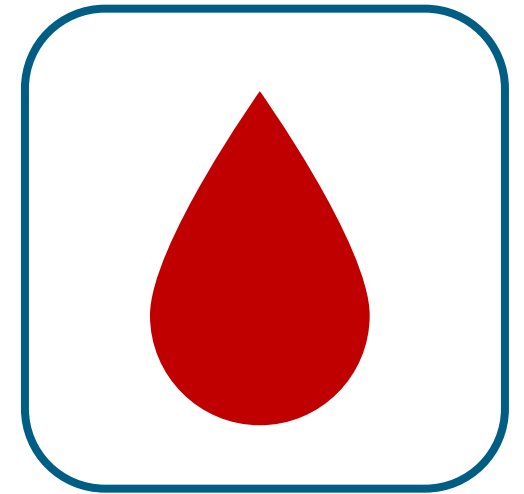
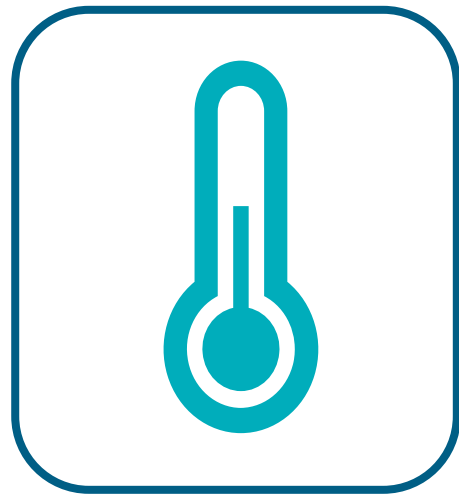
Why is water important in your body?

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A decorative graphic of stylized water waves in shades of teal and light blue, located on the right side and bottom of the slide.

Correct answer: d) All of the above

Why is water important in your body?



How do our bodies lose water?

- a) Sweating
- b) Going to the bathroom
- c) Breathing
- d) All of the above



How do our bodies lose water?

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Correct answer: d) All of the above

How do our bodies lose water?

Sweating



Breathing



Urine



How much fluid do you need to drink in a day?

- a) 12 cups
- b) 6-7 cups
- c) 4 cups
- d) Whatever you like



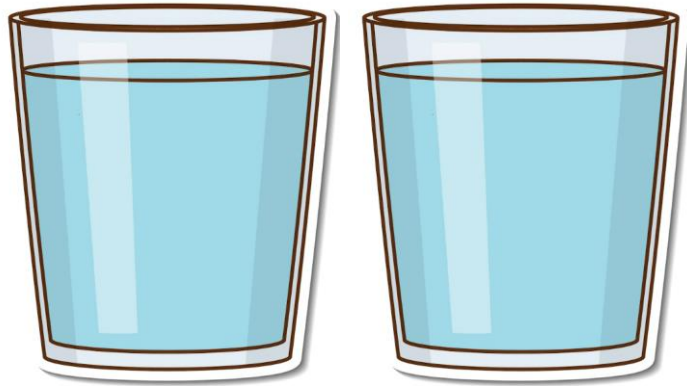
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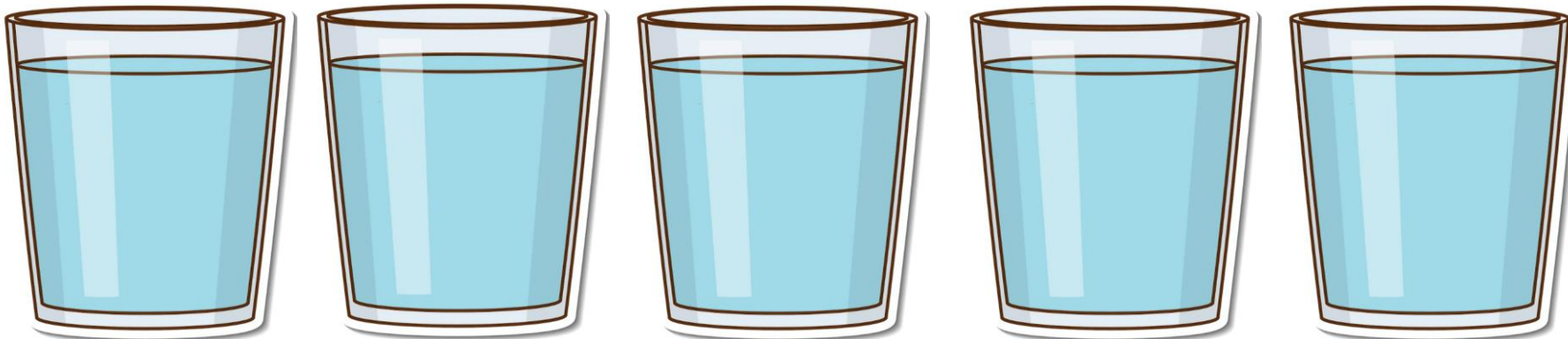
A decorative graphic at the bottom of the slide featuring a stylized wave. The wave has a light blue upper section and a darker teal lower section, with a white curl on the right side. Below the wave are two horizontal wavy lines, one teal and one white.

Correct answer: b) 6-7 cups

How much fluid do you need to drink in a day?



6-7 cups



Make water your drink of choice

- ✓ With meals
- ✓ In between meals
- ✓ Sip through the day
- ✓ Before, during, and after activity
- ✓ If thirsty



How do you know if you are drinking enough fluids?

- a) Your heart beats faster
- b) You drank 4 cups of water
- c) Your urine (pee) is pale yellow
- d) You need to go to the bathroom



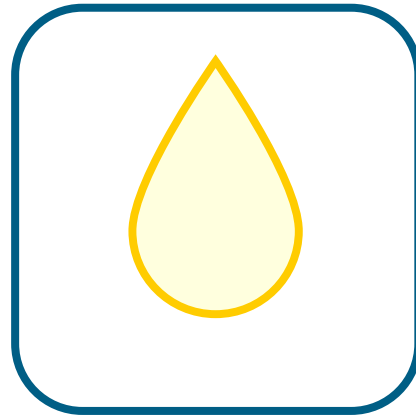
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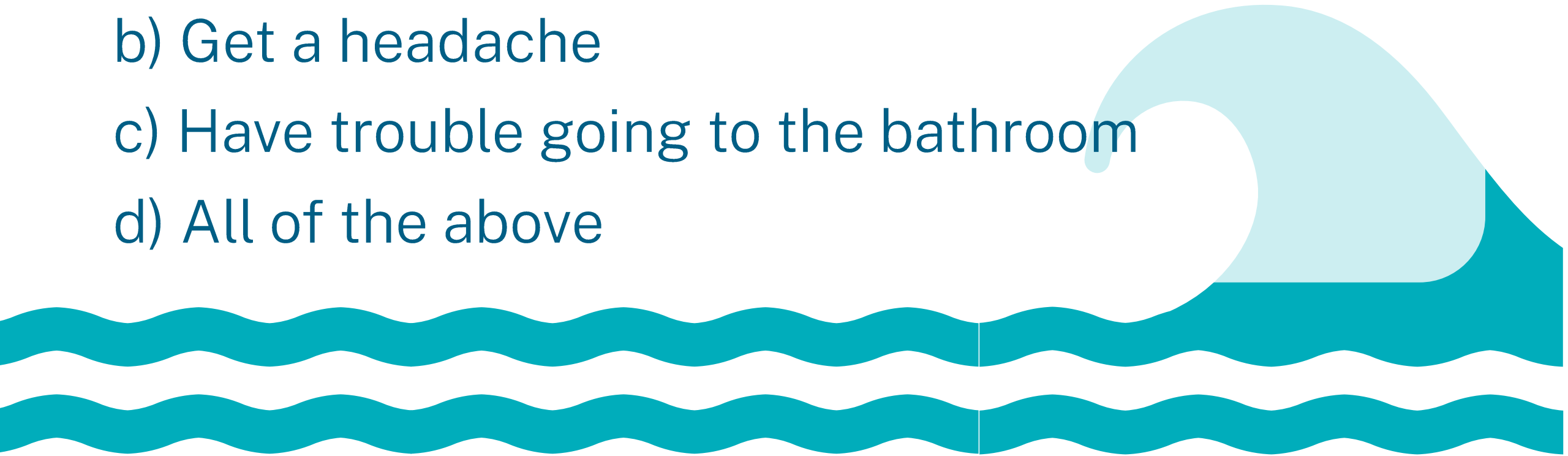
Correct answer: c) Your urine (pee) is pale yellow

How do you know if you are drinking enough fluids?



How might your body respond if you do not drink enough fluids?

- a) Feel tired
- b) Get a headache
- c) Have trouble going to the bathroom
- d) All of the above



How might your body respond if you do not drink enough fluids?

- a) Feel tired
- b) Get a headache
- c) Have trouble going to the bathroom
- d) All of the above



Correct answer: d) All of the above

How might your body respond if you do not drink enough fluids?



Dry mouth
Dry eyes
Can't sweat



Headache
Dizziness
Fainting



Muscle cramp
Constipation
Racing heart



Tiredness
Weakness
Irritation

When might you need more fluids?

Choose the answer that is not correct.

- a) When active or playing sports
- b) When it's hot outside
- c) When your fingernails turn blue
- d) When you have a fever



When might you need more fluids?

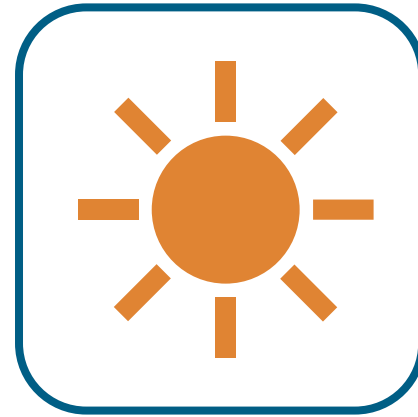
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- a) When active or playing sports
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- d) When you have a fever



Correct answer: c) When your fingernails turn blue

When might you need more fluids?





What tips would you give a friend to make sure they are drinking enough fluids?



What are some nutritious drink options other than water?

- a) Cow's milk
- b) Soy milk
- c) Almond milk
- d) All of the above



What are some nutritious drink options other than water?

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A decorative graphic at the bottom of the slide featuring a large, stylized wave on the right side, composed of a light blue upper curve and a darker blue lower curve. Below this, a series of smaller, repeating wave patterns in the same two shades of blue span the width of the slide.

Correct answer: d) All of the above

What are some nutritious drink options other than water?



True or False:

Sports drinks are the best option for physical activity that lasts less than 1 hour.



True or False:

Sports drinks are the best option for physical activity that lasts less than 1 hour.

A large teal wave graphic on the right side of the slide, and a series of smaller teal waves along the bottom. A white rectangular box with rounded corners is positioned in the center of the bottom waves.

Correct answer: False

Water is the best drink for activity that last one hour or less!



Drink water
during the day
BEFORE activity



Drink water
DURING activity
(every 15-20 mins)



Drink water AFTER
activity until urine
is pale yellow



Sports Drinks

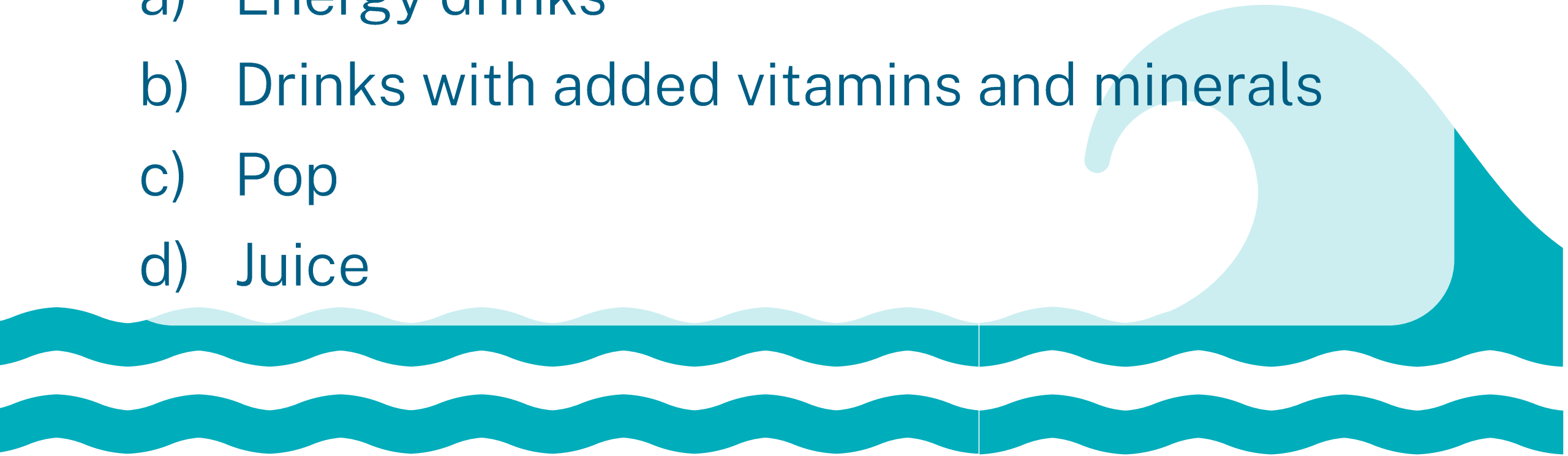
Only if intensely active and sweating for
more than 1 hour and cannot eat a snack



What types of drinks may have warning labels that say they are not for kids?

Choose two choices.

- a) Energy drinks
- b) Drinks with added vitamins and minerals
- c) Pop
- d) Juice



What types of drinks may have warning labels that say they are not for kids?

Choose two choices

- a) Energy drinks
- b) Drinks with added vitamins and minerals
- c) Pop
- d) Juice

Correct answers: a) and b)

What types of drinks may have warning labels that say they are not for kids?



“Caution: This product is only intended for healthy adults, 18 years of age or older”

“Drink responsibly. Not recommended for children under 18 years of age”

“Caution: Not recommended for those under 14 years old. Do not drink more than 1 can per day. Do not drink on the same day as other supplements.”

Remember... Hydration is Important!

- ✓ Your body needs fluid to work well.
 - ✓ Water is the best way to keep hydrated.
 - ✓ Drink enough fluid every day, about 6–7 cups.
 - ✓ Water and other nutritious drinks can help you stay hydrated.
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