

Liquid Lunch

Wanna improve your health? Start drinking more water.

If you're overweight, have diabetes, kidney or heart disease or suffer from headaches it could be time for you to start drinking more water. Increasing the amount of water you drink each day is a cheap and easy way to start improving your health.

If you are thirsty or have a dry mouth as you are reading this you are already well overdue for a drink. Apart from feeling thirsty, there are other signs that can tell you if you aren't drinking enough water. One of the first symptoms of being dehydrated is having a headache. Other symptoms include having dark yellow urine and being constipated (finding it hard to poo).

When you think about it, drinking water for your health makes sense. Our bodies are made up of about 60-70 per cent water, and the body needs water to help it get rid of toxins. Water also helps control your body's temperature, protects the joints and organs, helps with digestion and improves the look of your hair, skin, eyes and muscle tone.

And, if you're trying to lose weight, the good news is that water contains no calories and it can even help in weight loss by metabolising stored fats.

It is recommended that you drink between eight and 10 glasses of water every day to stay healthy. If you don't like the taste of water by itself, try squeezing the juice of half a lemon or orange into it.

Space the water out during the day – it's no good to drink eight glasses all at once. In the morning after a night's sleep you generally need more water, so start your day by drinking two glasses of water before breakfast. But remember that it's best to avoid drinking during meals. Ideally you should drink at least 15 minutes before you eat or one hour after you've eaten.





PREPARATION BEFORE READING

By simply drinking between 8-10 glasses of water every day, we can improve our overall health.

Because our bodies are made up of 60 – 70% water, we need to drink plenty of water to rid our bodies of toxins, control our temperature, protect the joints and organs, help with digestion and improve the look of hair, skin, eyes and muscle tone. Drinking more water can also help to reduce weight by metabolising stored fats.

It is important to drink a few glasses of water at the very beginning of the day to rehydrate our bodies after sleep.

ACTIVITY 1: READ HEALTHY VIBE – LIQUID LUNCH ON PAGE 23

1. List five health problems that can improve if we drink more water every day.

2. If you feel thirsty, you are already slightly dehydrated.

True False

3. List three symptoms of dehydration.

4. What percentage of our bodies are made up of water? _____



5. How many glasses of water should we drink every day? _____

6. What are two main purposes for writing this text?

7. Explain how the graphics and layout support the content of this text.

ACTIVITY 2: CREATE A CARTOON

Design a 6 frame cartoon to inform teenagers about the importance of drinking 8-10 glasses of water every day.

Include information about the health problems that can be improved by drinking more water.

Include language that will persuade the audience.



1	2
3	4
5	6