

NUTRITION

Talk

Week 2: Water

About the event: The purpose of this week's tabling is to inform students about water. As the spring and summer months roll around, it is important that we consume enough fluids. We will be using the wheel to test students' knowledge about water intake, what water does for our bodies, etc.

Wheel Wedges:

1) What color should your urine be?

A person that is getting adequate hydration should have urine that is clear to pale yellow. Darker colored urine may indicate mild to severe dehydration. Urine color can also be affected by eating certain foods or supplements. Ex: beets (red) or B-vitamin complex (bright yellow).

2) List some factors that increase fluid needs.

- Exercise
- Hot weather
- Illness
- Diarrhea and vomiting

3) True/False: You can get a significant amount of your daily fluid intake through food

True! Many fruits/vegetables like watermelon, strawberries, grapefruits, apples, cucumber, lettuce, and celery all have very high water content.

4) About what percent of your body weight is made up of water?

About 60% for males and 50% for females.

5) List some functions of water in the human body

- Our blood is mostly water → carries oxygen and nutrients throughout our bodies
- Water helps kidneys remove waste in the form of urine
- Temperature homeostasis
- Joint lubrication

6) True/False: Dihydrogen monoxide is an extremely toxic compound.

False! It's just water...H₂O

Additional Resources:

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/functions-of-water-in-the-body/img-20005799>

<http://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>

<https://www.cdc.gov/healthywater/drinking/nutrition/>

