

## Your body and water

### Topics covered

- Why do we need to drink water?
- What sort of water should we drink?
- Animals and water.

### Objectives

- Understand the importance of water for the health of our bodies
- Consider the differences between tap and bottled water

### Activities

- Quiz
- Otto's taste test
- Who is drinking the water? (a maze)

### Suggested approach

- Discuss why we need water. How much water should we drink every day? What factors influence the amount of water we should be drinking?
- Talk about the differences between tap and bottled water. Do you think people can tell the difference? How could you test this?
- Organise a taste test.

### Useful resources

[www.waterwise.org.uk](http://www.waterwise.org.uk)

*For more information and ideas on this topic see our Key Stage 3 material.*