

## Your body and water

### Topics covered

- Why our bodies need water
- The kidneys
- What sort of water should we drink? Differences between tap water and bottled water.

### Objectives

- Understand the importance of water for the health of our bodies.
- Introduce the function of the kidneys as part of the excretory system.
- Plan and run a blind taste test on tap water and bottled waters.

### Learning outcomes

- Appreciate why we need to drink plenty of water
- Know a little about the excretory system
- Consider differences between tap and bottled water

### Activities

- Can you tell bottled water from tap water?

### Suggested approach

- Ask pupils to guess how much of your bodies are made of water.
- How long can we live without water?
- Hand out pupil sheets.
- Use the Activity sheets to run a blind taste test to see who can tell the difference between tap water and bottled water.
- Discuss the results.

### Useful resources

Drinking water inspectorate website <http://www.dwi.gov.uk>