

Exploring Our Drinks

Grades K-2

Overview

Drinking water and other beverages is important to maintain and replenish body fluid levels. Beverages like milk and fortified soy beverage can also support children in getting nutrients they need to grow, play and learn. This lesson encourages students to explore their drinks— water, and other beverages —and where they come from.

What Students Will Learn

- Students will begin to reflect on and describe how drinking water and beverages is a part of their daily life.
- Students will explore where water and other beverages they like come from.

Materials

- Pencil
- Maze and Cipher Activity Sheet (optional)
- Beverage Word Search Activity Sheet (optional — Grade 2)



Time



- 30 minutes (may vary by grade and if extension activities are included)

Curricular Links

- Physical & Health Education
- Science

BC Curriculum Competencies K-2

- Explore how food and eating practices contribute to health
- Demonstrate curiosity and a sense of wonder about the world
- Make and record observations

TEACHING TIP

Canada's food guide promotes water as the drink of choice and also recognizes other nutrient-rich beverages, such as milk and fortified soy beverage as hydration options. However, it is important to be neutral about drink choices because many factors influence students' access to and preference for different beverages.

Hydration Exploration Activities

1. Discuss as a class the importance of beverages for playing, learning and growing.

Discuss how, just like food, drinking water and other beverages can refresh us and give us the energy to grow, learn and play. Have students consider and discuss how other living things, like plants and animals, also need water.

2. Have students consider how beverages relate to their lives e.g. discuss when and what they like to drink, and how they know they need a drink.

Educator prompts:

- When do you usually have water or other beverages? With a meal? With a snack? On its own?
- Do you prefer hot or cold drinks?
- What beverages do you like to have?
- What does it feel like when you are thirsty? Are there any activities you do that usually make you feel thirsty?
- Are there seasons when you drink more water?
- What is your favourite drink? Why?

- **Explore with students where different beverages come from.**

Brainstorm with students all the places in nature and their communities where water is found (e.g. lakes, streams, rain, wells, springs) and where other beverages they like to drink, come from (e.g. a tap, fountains, in bottles/containers at the store, milk from cows, fortified soy beverage from soybeans, orange juice from oranges, lassi from yogurt and water).

Note for Navigating Water Talk: Be sensitive to and respectful of your students' diverse experiences and interests, their community, family, socioeconomic and cultural contexts, and the influence these factors have on beverage access and choice (including, for example, pop, fruit drinks and bottled water). For tips to help you navigate issues related to the inherently sensitive topic of food and nutrition, visit teachfoodfirst.ca.

Grade Specific Considerations:

- **Kindergarten:** As a class, discuss fun or play activities students do that involve water. For example, running through a sprinkler, going to a splash pad, swimming, fishing, ice skating etc. Have students draw a picture of their favourite water-related activity.
- **Grade 1:** After the class discussion activities, have students complete the Maze and Cipher Activity Sheet to reinforce the importance of drinking water and beverages (as with food) to grow, learn and play.
- **Grade 2:** Have students complete the Beverage Word Search Activity Sheet to find words related to drinking water and beverages.

Extension Activities

- As a class, grow a plant together from a seed. Have students take turns watering the plant. Encourage students to make observations about the plant and discuss the importance of water for the plant's growth. Have students, individually or in groups, use the [Plant a Seed and See What Grows](#) workbook to accompany this activity (or create activity sheets similar to those in the workbook).

Additional Resources

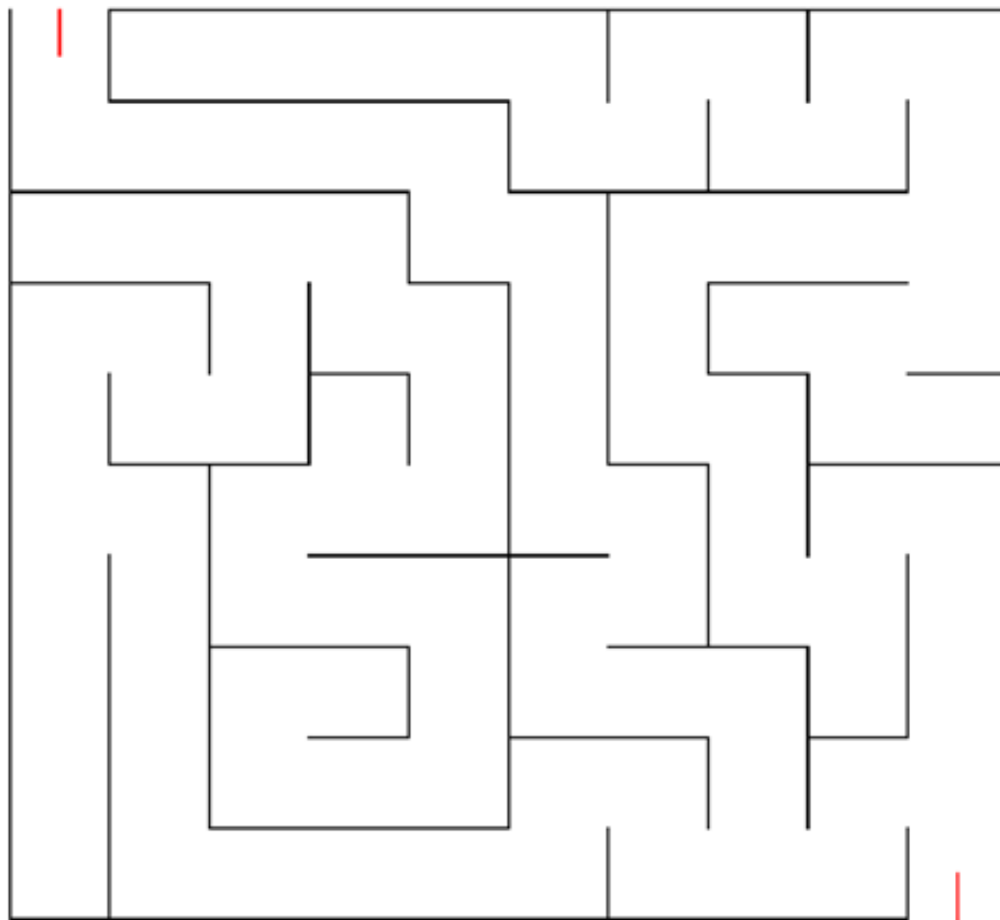
- [Teach Food First: An Educator's Toolkit for Exploring Canada's Food Guide](#)

Maze and Cipher Activity Sheet

Help Rosanne and Jack get to their drinks after recess!



START



END



Solve the Cipher

Use the number to letter code below to fill in the missing letters.

23 8 1 20 4 18 9 14 11 4 15
 ___ H ___ ___ D ___ ___ N ___ ___ ___

25 15 21 12 9 11 5 2 5 19 20 ?
 ___ ___ ___ ___ I ___ ___ ___ ___ ___ I ?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Beverage Word Search

Q S Y O Z N R R K O Z O Q Q U
Z G E K P T K K K K M K S H R
U K V T W W P N T X Z I C O Q
G X X O H Q C T Q E Y D L E Y
W V X D Z O C H C U C J I K X
C K D N K E T I T N E O I I D
L U Y U M M Y R M L Z N L R T
T T O K G M A S J W I S C D W
D Z M C B D K T D X W Y M H L
A D R I P O B W S W O J Z Q H
D M P D A B Y E I B A V I M W
R P F U K S S T P Y Y T A M O
I I S K A O W Z D K J P E S N
N O D C B E H F M P U A A R H
K T W O E L J G C Z G N Z D G

Thirst
Water
Soy

Quench
Milk
Wet

Yummy
Cold
Hot

Drink
Drip
Sip