

# Water

## Lesson Plan for Instructor



### Objectives:

- To help participants learn the importance of proper hydration.
- To encourage fluid intake, low or no calorie beverages, throughout the day.

### Materials:

- Dry erase board or flip chart and appropriate markers
- Paper for participants to write on and pens/pencils
- Empty 2-liter soda bottle and any kind of small water bottle

### Handout(s):

- Water
- Liquid Calories



### Suggested Format for Discussion:

- Write "Water" on the board or flip chart.
- Ask participants how much water they drink on average per day. Write down participants' responses.
- Talk with participants about why they drink or don't drink water. Ask participants what they think water has to do with weight control. Write participants' responses on the board.
- Discuss the need to be well hydrated and review signs of dehydration. Show 2 liter bottle (8 cups = 64 fl. Oz.) as example of the amount of fluid needed during the day. TIP: You may suggest that participants use a water bottle to drink from during the day. They can put rubber bands at one end and move them or remove them as the bottle is refilled. Example if I have a 20 oz bottle and 3 bands, that would indicate that I need 3 x 20 oz during the day. Use other water bottle for this. Remind participants to wash their water bottle daily.
- Ask participants what other beverages they choose to drink. Make a list of the responses. Note which beverages are high in Calories. Give examples of servings sizes and Calories. Review other no or low Calorie beverage options, besides water. Suggest adding a squeeze of lemon or lime juice or citrus slices to water for added flavor.
- Ask participants to identify one way they can improve their water intake. Write responses on the board. Have participants write down ways that they can improve their water intake. Have participants choose 1 or 2 methods to incorporate into their day during the following week.

