



Miss Panda's Books

Water



Written by Amanda Tsigonias



Miss Panda's Books

Miss Panda's Books Series helps children learn about plants, animals, and how to care for them. We teach the basic traditional knowledge of being self-sufficient by growing your own food and making healthy choices. Each book in every set will educate your child on a subject related to the set topic, and you can find a fun craft idea on the last page. We hope these books will bring your children wisdom and joy!

Drinking plenty of water each day is a good way to stay healthy. Our bodies need water for many reasons.

- Digest and absorb nutrients
- Move our bodies
- Get rid of waste
- Control our body temperature
- Healthy mouth and teeth
- Help grow new cells (like when a boo-boo heals)



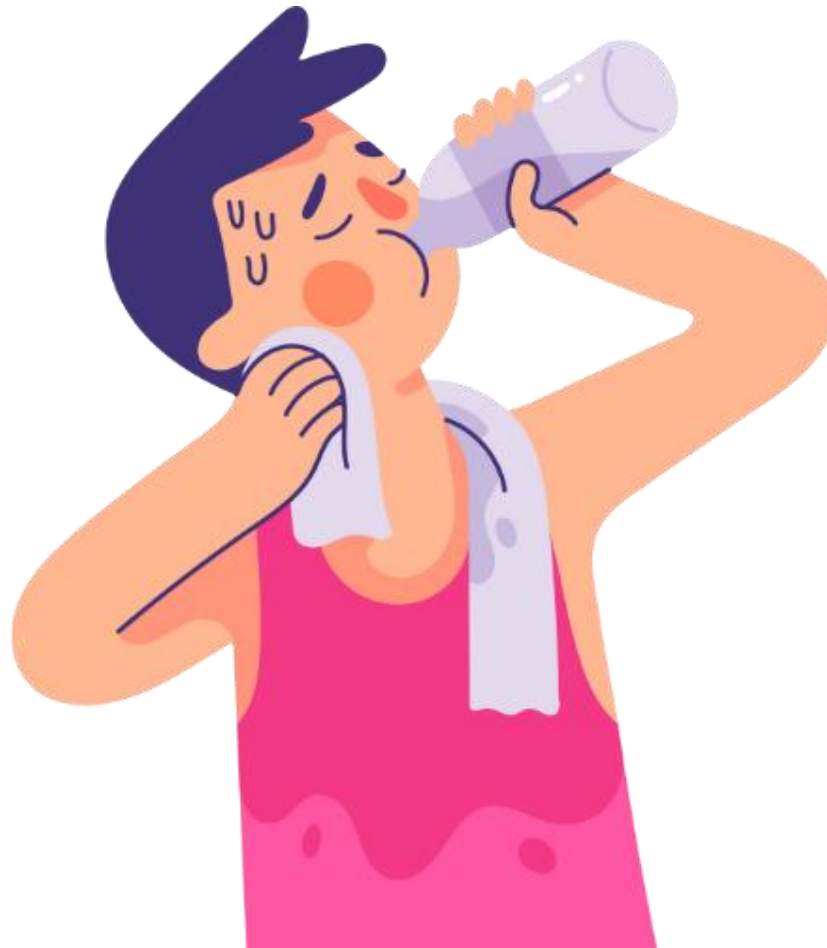
Between 50% and 80% of the human body is made up of water.
If you don't drink enough water, you could become
"dehydrated", and your body won't work as well.
So, don't forget to drink your water!



About one-fifth of the water we need comes from the food we eat. The rest is from drinking. How much water we need depends on what we are doing. If it is a hot day, you will need more water.

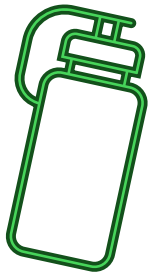


Your body gets rid of water through breathing, sweating, and using the potty. Make sure to keep putting water back in your body throughout the day.



How can I drink more water?

- Always carry a water bottle with you.
- Keep a jug of cold water in the fridge on hot days.
- Flavor your water with lemon, strawberry, or mint.
- Avoid sugary drinks.



Cucumber Lemon Infused Water Activity



Supplies:

- Water Pitcher
- 1 quart of drinking water
- $\frac{1}{4}$ of a cucumber, sliced
- $\frac{1}{2}$ of a lemon, sliced

Directions:

1. Fill the water pitcher with 1 quart of drinking water.
2. Place the cucumber and lemon slices in the water.
3. Let the pitcher chill in the fridge for at least two hours, preferably overnight for the most flavor.
4. Pour some in a cup, and enjoy!