



Nutrients

Water

We need water every day to keep our organs working. Water is essential for all the chemical reactions in our bodies and it fills all the spaces between and inside our cells. It makes up about 50-80%¹ of our body weight. We can't live without it.

Below is a table that shows the amount of water young people need in a day.

Age	Total water per day (Food and fluids)	Fluids per day (Including plain water, milk and other drinks)
1–3 yr	1.4 L	1.0 L (about 4 cups)
4–8 yr	1.6 L	1.2 L (about 5 cups)
Boys		
9–13 yr	2.2 L	1.6 L (about 6 cups)
14–18 yr	2.7 L	1.9 L (about 7–8 cups)
Girls		
9–13 yr	1.9 L	1.4 L (about 5–6 cups)
14–18 yr	2.2 L	1.6 L (about 6 cups)

Use the information from the table, and your own knowledge, to do the True/False quiz below.

	Statement about water	True	False
1.	An 8 year old boy needs at least 15 glasses of water a day.		
2.	When it's very hot we need to drink more water than usual.		
3.	On average, girls need a bit more water than boys.		
4.	After exercise you should drink plenty of water.		
5.	Bottled water is better for you than tap water.		
6.	Some of your daily water needs can come from milk.		
7.	A girl of 15 needs no more than 3 glasses of water a day.		

¹ The Australian National Medical Health and Research Council
<http://www.nrv.gov.au/Nutrients.aspx?code=11713004>



Breakfast – a discussion:

Why breakfast so important for you?

Why is eating regularly also important?

(Hint: Think about how brain and body function, and why the body needs ‘fuel’).

Macro & micro nutrients

Complete the table below, by circling the best option in the middle column to identify a common food source for this nutrient. Do the same in the right column to identify the nutrient’s role in our bodies. The first one is done for you.

Nutrient	Common food source	Used in the body for
Carbohydrate	Red & white meat <u>Bread, pasta & cereal</u> Cheese, milk & yoghurt	<u>Providing energy</u> Cleansing the blood Building & repairing nerves
Protein	Fresh & dried fruit Bread, pasta & cereal Red & white meat & fish	Building & replacing muscle Cleansing the blood Carries oxygen in the blood
Calcium	Cheese, milk & yoghurt Green & orange vegetables Bread, pasta & cereal	Building & repairing nerves Building & replacing muscle Building bones & teeth
Vitamin C	Red & white meat Cheese, milk & yoghurt Oranges & other fruits	Ensures cell function & repair Providing energy Carries oxygen in the blood
Iron	Bread, pasta & cereal Red meat & some vegetables Fresh & dried fruit	Carries oxygen in the blood Providing energy Cleansing the blood
Zinc	Meat, fish & eggs Fruits & juices Bread, pasta & cereal	Repairs muscles, nerves & skin Carries oxygen in the blood Providing energy
Folate	Meat, fish & eggs Fruits & juices Cereals & bread	Builds nerves & bone marrow Carries oxygen in the blood Providing energy