How much water should we drink? (worksheet)

## Activity 1
Discuss with your partner:

1)   What five things do you most need water for?
2)   How much water do you drink every day?
3)   How much water do we need to drink to stay healthy?
4)   How long can a person live without drinking any water?
5)   How long have you gone without drinking anything?
6)   Why is it important to maintain a well-hydrated system?
7)   How do dehydration and overhydration affect your body and brain?

Activity 2
Vocabulary. Label the parts of the body.

Picture taken from http://www.digikalla.info
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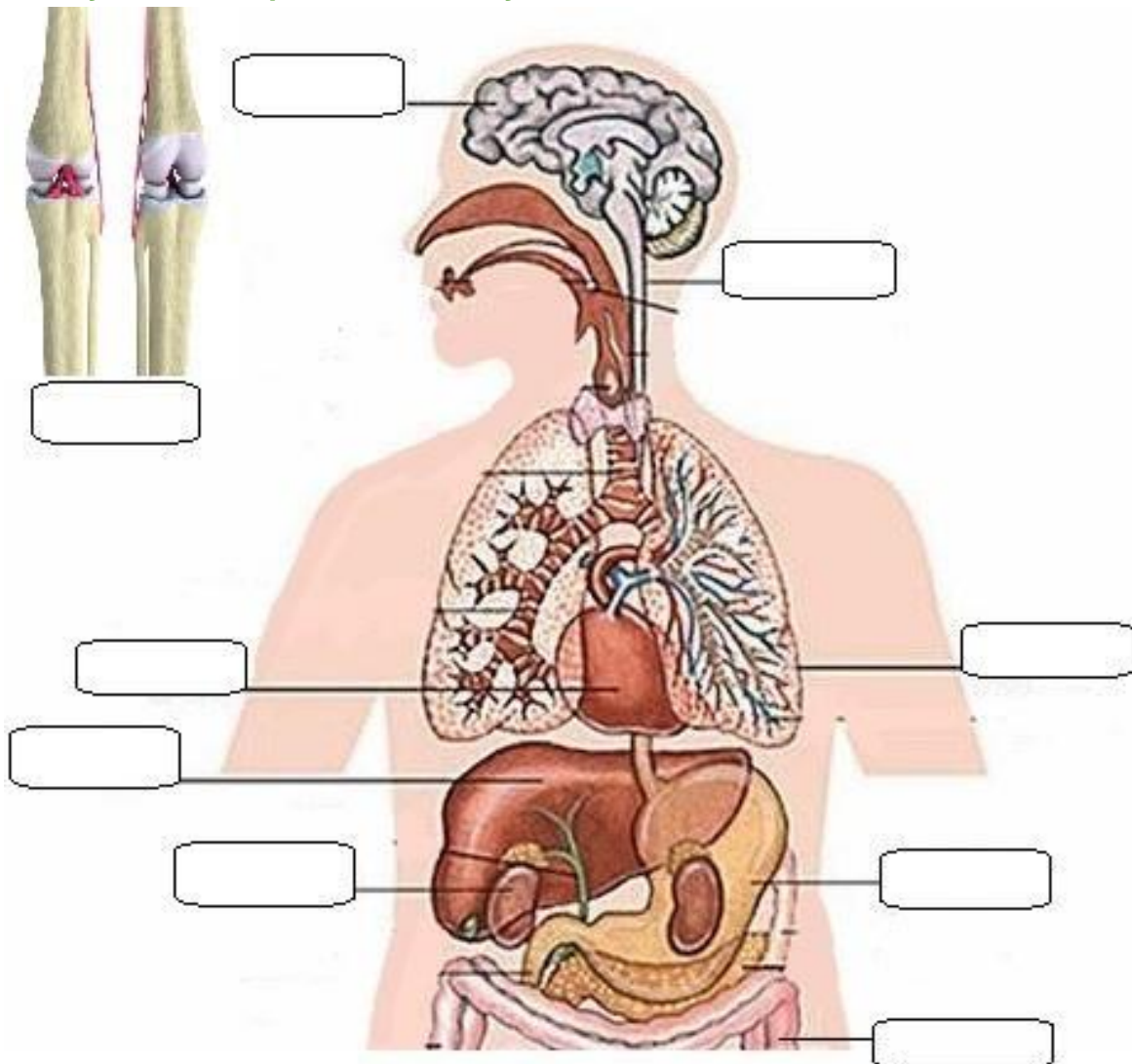
Write down 10 health problems. Compare with your partner.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Read the description of the problem and write the name:

seizure, headache, vomiting, stroke, cancer, diabetes, cognitive impairment.

1)   _____ is a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal, killing normal cells and often causing death.
2)   _____ is a problem with some mental abilities, such as remembering.
3)   _____ is an involuntary, forceful expulsion of the contents of the stomach through the mouth.
4)   _____ is a pain you feel inside your head.
5)   _____ is a disease in which the body cannot control the level of sugar in the blood.
6)   _____ is a sudden failure of the heart.
7)   _____ is a sudden change in the blood supply to a part of the brain, sometimes causing a loss of the ability to move particular parts of the body.

Activity 3
Watch the video and answer the questions:

1) How much water is it advised to drink?
2) How do dehydration and overhydration affect your body and brain?
3) What information surprised you the most?

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Activity 4

Watch the video again and complete the table:

Dehydration	Overhydration or hyponatremia
Causes a great decline in 1_____, 2_____, 3_____, and 4 _____.	The over-hydrated brain 6 _____ or completely stops the release of antidiuretic hormone causing sells to 7_____ .
Also cognitive impairment.	Water intoxication causes 8 _____ and 9_____.
The dehydrated brain works 5_____ to do the same task.	In extreme situations of water overconsumption even 10_____ or 11_____ may occur.

Activity 5

Read the sentences and guess the meaning of underlined words:
to release

1) When he was riding a bike, he fell down. Fortunately, the soft grass underline cushioned his fall.
   a) to damage something badly.
   b) to make the effect or force of something softer.
   c) to make something less visible.

2) Children need plenty of good fresh food to nourish them.
   a) to entertain them.
   b) to make them sleep.
   c) to provide people with food in order to make them grow and keep them healthy.

3) It was so hot when we arrived in Tripoli that we started to sweat as soon as we got off the plane. Soon his T-shirt was wet.
   a) to say bad words.
   b) to pass sweat through the skin because you are hot, ill, or frightened.
   c) to take a shower.

Picture taken from https://unsplash.com/
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4) Joseph knew that he'd have to <u>replenish</u> his stock of food before he set out on the trail again.
a) to fill something up again.
b) to make something look new.
c) to replace something.

5) We need to cut down on our fuel <u>consumption</u> by having fewer cars on the road.
a) the amount used or eaten.
b) production.
c) the process of usage.

6) Coal power stations <u>release</u> a great amount of sulphur dioxide into the atmosphere.
a) to produce on a large scale.
b) to allow a substance to flow out from somewhere.
c) to recycle.

Activity 6

Watch the [video](#) again and answer the questions:

1)   How much water does an average human body contain?
2)   What role does water play for humans?
3)   Everyday humans lose two or three liters. How?
4)   How work of kidneys signal the lack of water?
5)   On a normal day to day basis, what does water consumption depend on?
6)   Apart from water what else can supplement liquid intake?
7)   What are the long term benefits of a well-hydrated system?

Activity 6

Discuss with your partner:
Based on what you have learned in this lesson, how is your hydration?