

# SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 6: Healthy Hydration

## THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned why they should choose healthy beverages and unsweetened beverages like unflavored milk, unsweetened iced tea, smoothies and water. Students also learned that

water is one of the body's most important nutrients because it's the foundation for all of our bodily functions!

## WHAT THIS MEANS AT HOME:

### WHAT TYPES OF BEVERAGES SHOULD I LIMIT FOR MY KIDS AND WHY?

Any drink with added sugar or other sweeteners are not beneficial to our health. Examples include soda, fruit punch, lemonade, sweetened powdered drinks, sports and energy drinks. Increased consumption of sodas is associated with increased caloric intake. One can of sugar-sweetened soda contains about 150 calories and almost 10 teaspoons of table sugar. Sugar sweetened drinks play a major role in the obesity epidemic and contribute to metabolic syndrome like fatty liver disease.

### WHY IS IMPORTANT TO DRINK MORE WATER?

Water is the main component of the cells in our bodies. According to the Journal of Biological Chemistry, "the brain and heart are about 73% water, the lungs are 83% water, skin is 64% water, muscles and kidneys are 79%, and even our bones contain 31% water." In general, an adult male should consume 3 liters of water per day while an adult female should consume about 2.2 liters per day. Children ages 9-13 years old should consume 7-8 cups of water per day.

## FAMILY ACTIVITIES & TABLE TALK

Pick one day each week to engage in these fun healthy eating activities and use these healthy discussion questions to get the dinner table conversations started!

### HEALTHY WATER CAMPAIGN

Brainstorm ways you can convince a family member or friend to drink more water. Write a 30 second speech and practice convincing your family members why it's important to drink more water.

### SODA PODCAST

Listen to the following podcast with your family and discuss your reactions: <http://www.npr.org/sections/thesalt/2014/10/16/356437295/should-menus-list-miles-to-walk-to-burn-off-your-meal-or-soda>

### DISCUSSION QUESTIONS:

1. What are some other healthy ways you could spice up your water? Have each family member write down a recipe, and then share your recipes out loud at the dinner table.
2. How can you remind your family to select healthy drinks and avoid sugary drinks like soda? Come up with a signal word to remind your family members about the importance of making healthy drink choices.



## HELLO FROM COMMON THREADS!

[www.commonthreads.org](http://www.commonthreads.org)

#cookingforlife

Common Threads is a non-profit bringing health and wellness to children, families, and communities through cooking and nutrition education.

Your child's teacher is teaching our Small Bites lessons on healthy snacks and nutrition. As a part this program, these parent newsletters are being sent home to share what your student is learning and give them a chance to share healthy information with the family!

# KIDS ACTIVITY

# 6

## HEALTHY HYDRATION

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### JOIN THE COMMON THREADS FAMILY!

Join Common Threads to help your student make healthy choices at school and at home!

1. Go to [www.commonbytes.org](http://www.commonbytes.org), make a free account and explore healthy and affordable recipes.
2. Sign up for healthy reminders via text message from Common Threads by texting @CThreads to 81010. Standard messaging rates apply.
3. Check with your student's school to sign-up for Common Threads Family Cooking Classes and Parent Workshops! Not offered at your school? Help us bring them to you by emailing [classes@commonthreads.org](mailto:classes@commonthreads.org).



# SPICE UP YOUR WATER

## KIDS! SHOW WHAT YOU KNOW!

Show your parents how you can make healthy drink choices by spicing up your water!

Directions: Use the glass below to draw colored images of your favorite fruits, vegetables, and herbs. Next, brainstorm how you could use those ingredients to make your very own Spiced Up Water Recipe! Finally write down your recipe into the recipe card below.

The next time you go to the grocery store, ask your parents if you can gather the ingredients needed to make your spiced up water.



RECIPE NAME:

INGREDIENTS:

DIRECTIONS: