



Grade 7 Sample Lesson Plan: Unit 13 – Hydration

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

The next page includes a handout for the lesson.



HYDRATION

7.1.f Describe ways to prevent weather or climate-related physical conditions such as allergies, asthma, sunburn, dehydration, heatstroke, heat exhaustion, and hypothermia.

 	Link
	<p>Water is an essential element for all life on earth and our bodies are made up of about 60% of water. How much water do you drink during a typical day? Think about yesterday and estimate how many ounces of water you consumed and when you had the water. A small cup is about 8 ounces and a bottle of water is 12 -16 ounces. Write your estimate in the box.</p> <div data-bbox="501 772 1377 835" style="border: 1px solid black; height: 30px; margin-bottom: 10px;"></div> <p>When did you drink water? Write a response. I drank water during/with (ex. Breakfast, snack, during practice)</p> <div data-bbox="501 968 1377 1031" style="border: 1px solid black; height: 30px; margin-bottom: 10px;"></div> <p>How much water is enough and can a person drink too much water? Why is water so important to the human body? In this lesson you will explore answers to these questions.</p>

	Explore
	<p>Watch the TedEd video: What would happen if you didn't drink water? - Mia Nacamulli (4:51 min). Double-click on the image below to access.</p> <div data-bbox="748 1478 1110 1751" style="text-align: center;"></div> <p>Answer the following questions from the video in complete sentences.</p> <p>How does the body use water?</p>

What are the effects of dehydration or low water levels on the body and brain?

What are the effects of overhydration on the body and brain?

Explain



How much water should someone drink?

Calculate your RDA for water intake and the intake for the different people in the questions. Be sure to add the 8 ounces for each 20 minutes of time you or the person described are physically active.

How much water (in fluid ounces) should you consume in a day? Show your calculation steps.



How much water (in ounces) should an NFL linebacker consume in a day if they weighed 250 pounds and played in a 60 minute NFL game? Show your work and calculations in the space below.

How much water should a ballet dancer consume in a day if they weighed 145 pounds and participated in a 2 -hour practice?

How much water should a golfer consume in a day if they weighed 175 pounds and played 18 holes of golf (4 hours)?

How much water would a soccer player consume in a day if they weighed 165 pounds and participated in a 1 hour game?

Watch the Video U.S. Kids aren't drinking enough water - <https://www.cbsnews.com/news/are-u-s-children-drinking-enough-water/>

Double-click on the image below to access.



Why is there a concern that kids are not drinking enough water?

Apply New Learning



Based on what you have learned, choose one activity to help students drink more water.

Activity 1: Hydration Poem - Write a poem that stresses the importance of hydration.

Activity 2: Hydration Song - Create a song that emphasizes the importance of hydration.

Activity 3: Hydration Commercial - Create a commercial that highlights the importance of hydration.

Activity 4: Hydration Blog - Write a blog that underscores the importance of hydration.

Activity 5: Your choice

Be sure to share your work (provide link to work or post in our Google Classroom)



Adobe spark



[Google Doc](#)



Reflect

Write a response.

Think back to the beginning of the lesson when you wrote down how much water you consumed last week. Do you drink enough water each day? If so, what are your best strategies? If not, what changes can you make to increase your water intake?

Water is often a commodity we take for granted. We use water for everyday activities such as cooking, watering the grass, washing our cars, brushing our teeth, and showering, yet we sometimes forget to do the simplest thing, drink it! So, instead of reaching for that soda next time, think about putting that soda down, pour yourself a glass of water, and stay hydrated!