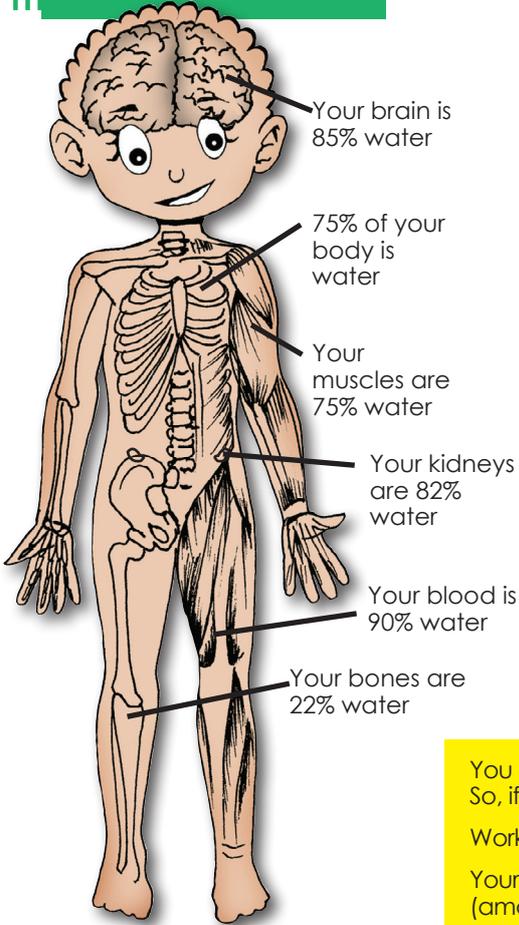




Slice of Life

DID YOU KNOW?

OUR BODIES ARE 75% WATER. THIS IS WHY WATER IS SO IMPORTANT TO OUR HEALTH AND WELL-BEING. WITHOUT WATER, WE WOULD DIE. WATER MUST BE RESPECTED!



Respect Water! Respect Life!

RESPECT WATER, RESPECT LIFE

"WOW ... I NEVER REALISED HOW IMPORTANT WATER IS IN MY BODY. NO WONDER I NEED TO DRINK WATER EVERYDAY."

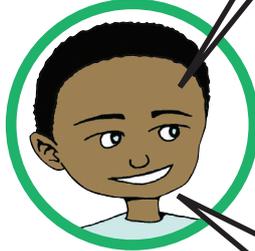


"WE ALL NEED TO DRINK ENOUGH CLEAN WATER EVERYDAY TO KEEP OUR BODIES HEALTHY. IF WE DO NOT DRINK ENOUGH WATER, WE WILL FEEL TIRED AND GET SICK MORE EASILY."



"YOU LOSE WATER EVERYDAY THROUGH PERSPIRATION (SWEATING). THIS HAPPENS WHETHER IT'S COLD OR HOT AND WHETHER YOU EXERCISE OR NOT. BUT REMEMBER IF IT'S HOT AND YOU EXERCISE, YOU MUST REPLACE THE WATER YOU LOSE THROUGH DRINKING WATER."

"SO HOW MUCH WATER SHOULD I DRINK?"



"GOOD QUESTION. YOU SHOULD DRINK EIGHT GLASSES OF WATER A DAY. THIS WILL KEEP YOUR BODY WORKING WELL. YOU CAN ALSO WORK OUT EXACTLY HOW MUCH WATER YOUR BODY NEEDS BY HOW MUCH YOU WEIGH. DO THE QUICK CALCULATION BELOW TO WORK OUT HOW MUCH YOU NEED."

"WATER IS VERY IMPORTANT FOR MY BODY. WE MUST RESPECT WATER!"

You should drink 30ml of water for every kilogram of body weight. So, if you weigh 30kg, you should drink 900ml of water everyday.

Work out your body's daily water requirement:

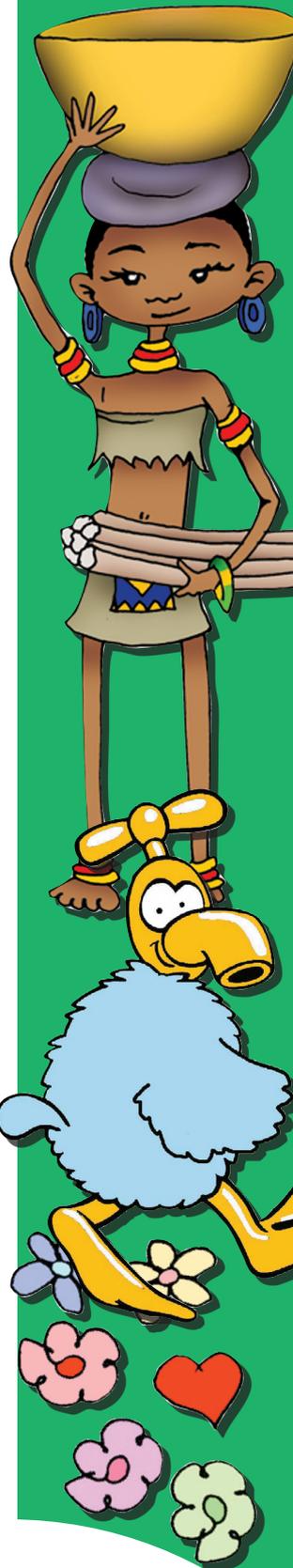
Your weight x 30ml = _____ ml
(amount of clean water you should drink everyday)

DID YOU KNOW?

ACCESS TO CLEAN DRINKING WATER IS A BASIC HUMAN RIGHT?

Talk about why you think this is and write down your ideas:

Not all South Africans have enough clean water and have to walk many kilometres everyday to fetch water. There are people working to change this so that all South Africans get the water they need to be healthy and strong.



LO1: HEALTH PROMOTION

The learner will be able to make informed decisions regarding personal, community and environmental health.

LO2: SOCIAL DEVELOPMENT

The learner will be able to understand and demonstrate an understanding of and commitment to constitutional rights and responsibilities, and to show an understanding of diverse cultures and religions.



RAND WATER