

HYDRATING FOODS

Did you know many of the things we eat contain water?!

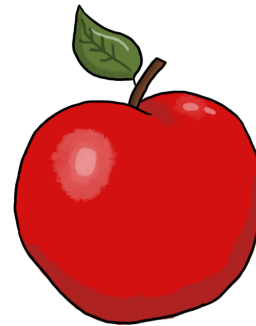
Eating healthily is another good way to make sure we get water into our bodies and stay hydrated.

All of the fruits below contain a high amount of water but which ones do you think contain the most?
Number the fruits 1 to 9 in order of water content. (1 = least water 9 = most water)

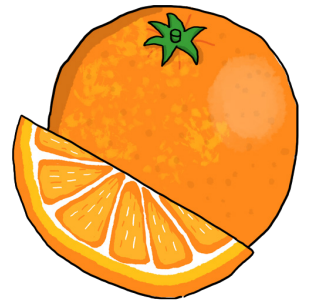
LEAST

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

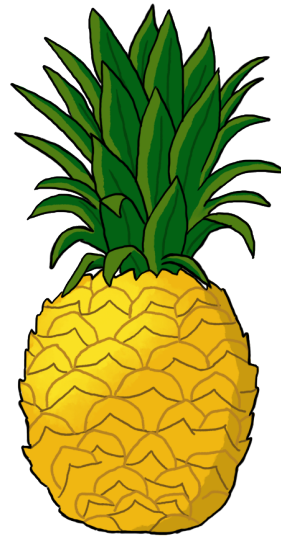
MOST



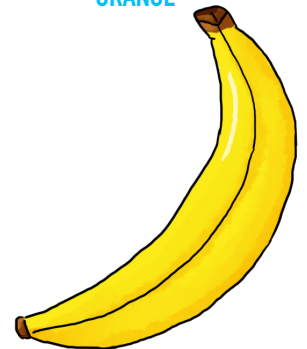
APPLE



ORANGE



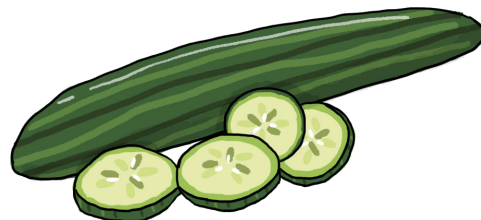
PINEAPPLE



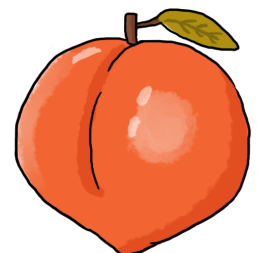
BANANA



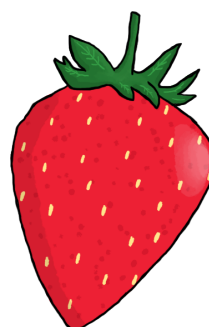
TOMATO



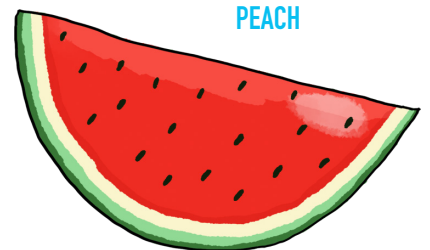
CUCUMBER



PEACH



STRAWBERRY



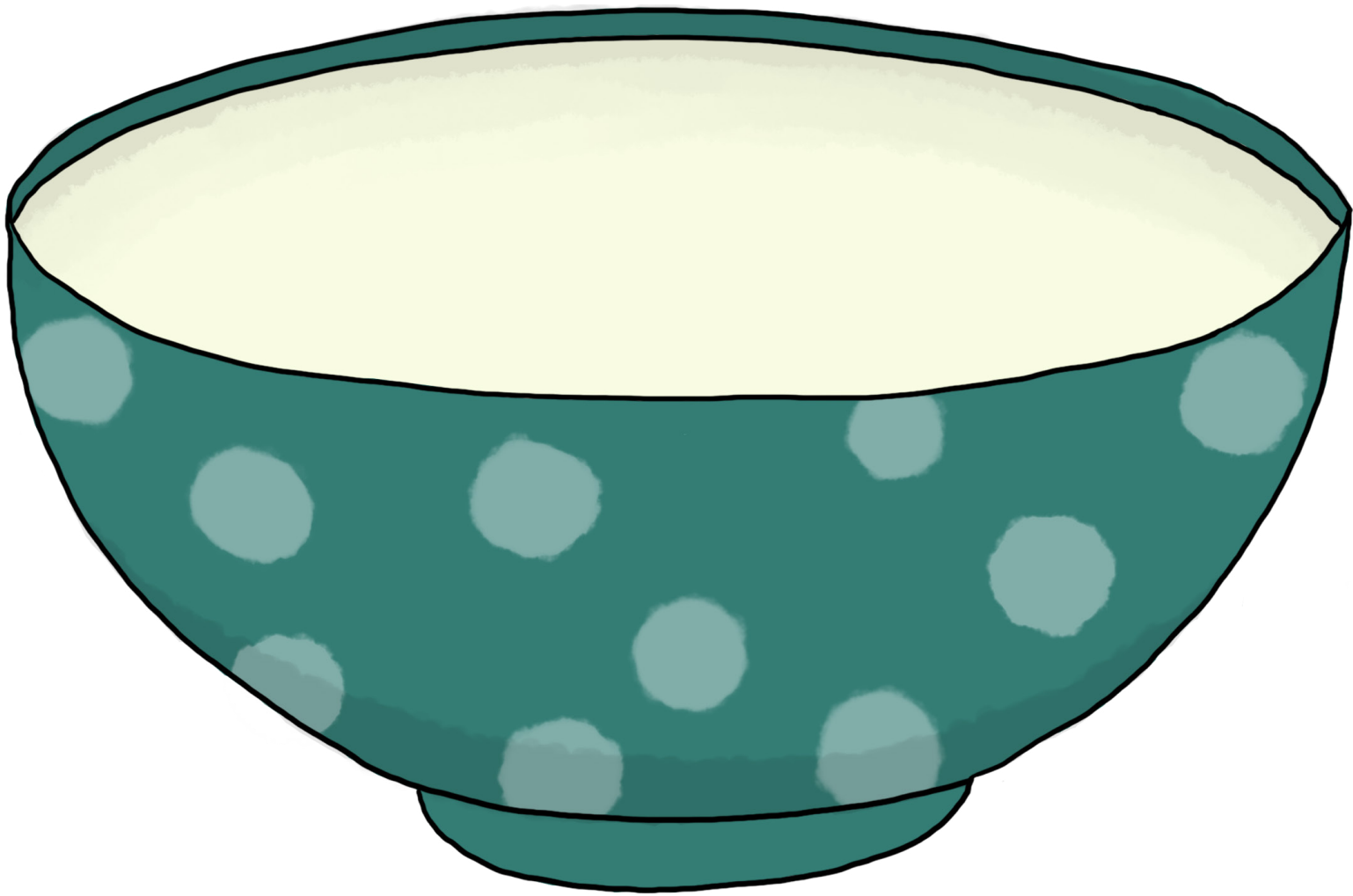
WATERMELON

Answers: Banana 75%, Apple 84%, Pineapple 87%, Oranges 88%, Strawberries 91%, Watermelon 92%, Tomatoes 94%, Cucumber 95%

HYDRATING FOODS

Some people say breakfast is the most important meal of the day.

Now you know which fruits contain the most water, can you draw a healthy breakfast in the bowl below?



Who will you share your breakfast idea within your family? _____

What hydrating drink could you have with your breakfast? _____

Is there anything unhealthy in your breakfast, if so what is it? _____