

## HYDRATION DETECTIVES

**Staying hydrated is really important but it can be difficult to know how hydrated we are.** Headaches and feeling tired and thirsty are often signs of dehydration but did you know the easiest way to find out if your dehydrated is to look at the colour of your wee!

**Try making your own wee scale so you and your family can see if they're hydrated!**  
You might need an adult to help you with the first bit.

### What you'll need:

- A selection of items that can make all the different shades of yellow – coke; apple juice; tea bags; coffee; food colourings; children's paints
- 8 clear jars/containers/cups
- Spoon
- Water



### STEP 1

#### Have a chat about hydration with your family

Explain why it is important to our bodies and what the signs of dehydration are.

*(There is fact sheet in pack to give you all the information you need!)*

### STEP 2

#### Pour some water into each container

Make sure there is the same amount of water in each container!

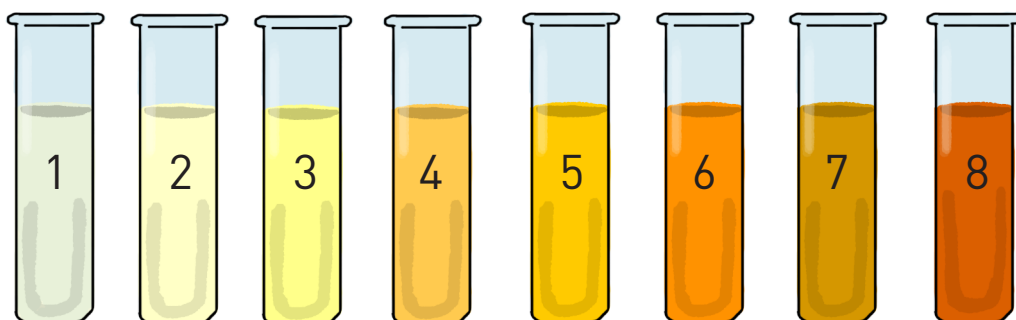
### STEP 3

#### Now for the fun bit!

Using the different liquids that you have to hand, pour a little into each of the containers to create the colours of the wee scale.

**Your wee scale should end up looking like this!**

**Label the samples 1-8 and share the rhyme and a picture of the scale with your family!**



**“One to three is healthy wee, four to eight it's time to hydrate!”**

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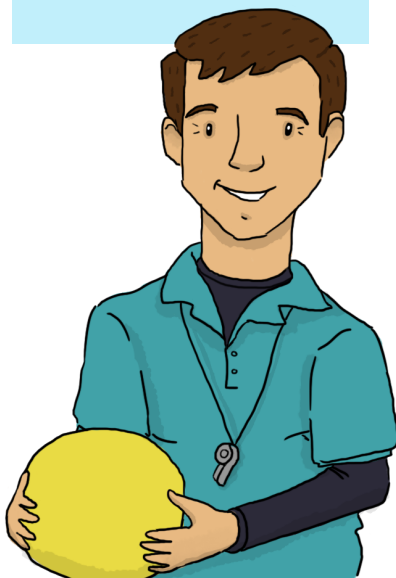
Now you know what colour your wee should be when your hydrated we need your help with this investigation!

You need to find out who each wee sample belongs too!

### Meet the Tap Family!

- They all lead busy lives and think they are fit and healthy
  - It is your job to find out which of the 4 wee samples belongs to which member of the Tap Family
  - Read "a typical day in the life" of each character and match up the wee sample.
- Do you think they're drinking enough water to keep them nicely hydrated?

**Mr Tap** is a PE teacher. He has a very active job and he believes he's fit and healthy. He starts the day with a glass of water before breakfast and often jogs to work. He always takes his water bottle with him but never manages to drink it all.



Mr Tap

**Mrs Tap** is the manager of a recycling company and travels all over the country in her car. She drinks a lot of black coffee in the day to keep her alert. At lunch time she will often have 'a meal deal' from a local shop but always makes sure that it comes with a bottle of water. She visits the gym at night and will end the evening with a glass of wine.



Mrs Tap

**Simon Tap** is a student studying to go to university. He drinks all the water in his water bottle whilst out for his 30-minute jog. He refills his bottle and takes it to college where he sips on it throughout the day. In the evening, after his studies, he plays football with his friends and drinks another full bottle of water.

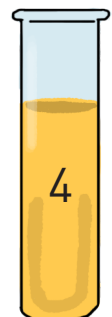
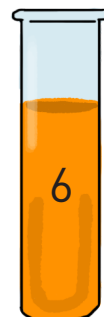
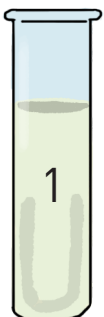


Simon Tap

**Emily Tap** has a glass of orange juice with her toast every morning before walking to school. She drinks from her water bottle in the morning but often forgets in the afternoon. She always has a bottle of fizzy pop with her sandwiches at lunch time. When she has walked home from school she treats herself to a banana milkshake.



Emily Tap



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What advice would you give each character and why?

Write a short letter to each family member giving them advice on how to stay hydrated based on what they did in the day.

*Dear Mr Tap*



*Dear Mrs Tap*



*Dear Simon Tap*



*Dear Emily Tap*



# HYDRATION FACT SHEET

Most fruits & vegetables contain a high % of water



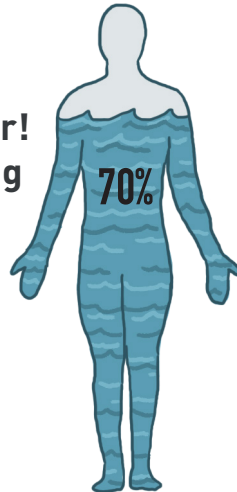
Water is the best drink!  
Many other drinks contain sugars and caffeine that can cause dehydration



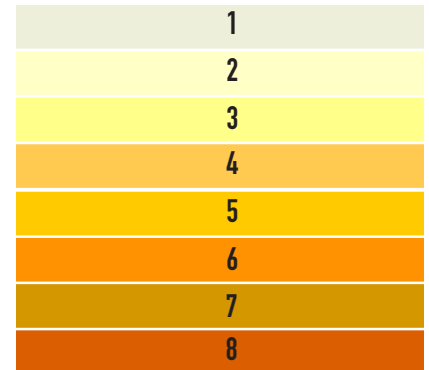
Our organs in our body would start to fail and make us feel poorly if we became too dehydrated



Our bodies contain 70% of water!  
It can be more or less depending on age and gender



Check how hydrated you are when you go for a wee...  
*1 to 3 is healthy wee, 4 to 8 its time to hydrate!*



To keep our bodies healthy we need to drink plenty of fluids. The average adult needs at least 2 litres of water a day

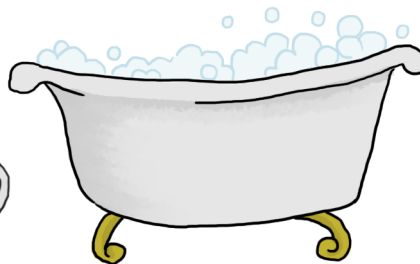
Good times to drink in the day:



When you wake up



Before a meal



After a bath



Before bed

## SYMPTOMS OF DEHYDRATION

- HEADACHE
- DARK YELLOW PEE
- LACK OF CONCENTRATION
- DRY MOUTH
- NOT NEEDING THE LOO
- TIREDNESS
- DIZZINESS

## HYDRATION TRACKER

Let's find out how hydrated your family are!

Start in the morning and use this questionnaire for each person in your household.  
You need to find out if they're drinking enough water!

Be sure to show them the wee scale you made earlier.  
You could take a picture and print it, email it, text it or draw it for them!



*Try using pencil so you can investigate again and again!*

NAME	WHAT TIME DID YOU DRINK?	WHAT DID YOU DRINK?	HOW MUCH DID YOU DRINK?	DID YOU DO ANY ACTIVITY?	WHAT NUMBER WOULD YOU RATE YOUR PEE?

### Things to think about...

Is there anyone who may be dehydrated?

Who is the best at staying hydrated?

What tips can you give your family to help them stay hydrated?