Unit 1 Food and Nutrition | Lesson 6 Hydration – The Importance of Water

Why is it so important to stay hydrated?

1. Research the importance of staying hydrated.
2. Clean Water Campaign - You are an ambassador for CLEAN DRINKING WATER. You have been commissioned to raise awareness of the importance of drinking clean water and staying hydrated.
3. Choose your audience: • Children in Years 5 and 6 in your area • Adults who are government officials in your country • Officials in countries where water is not as clean as it should be, etc. *Your choice of audience will make a big difference to your final presentation*.
4. Things to consider in your presentation: • What is the message you want to tell people about clean drinking water? • What sorts of words and language should you be using for your audience? • How will you present your project? Will it be in electronic form? Will it be as a newspaper editorial? Will it be a letterbox flyer? Is your choice of media suitable for your audience? • How long will your presentation take? • What sorts of images will you include in your presentation? Will you have to create them or can you use images from other sources? • What colour scheme will you use in your presentation?
5. When you have thought about all of these considerations, you will need to start planning your CLEAN DRINKING WATER campaign.