name:	рате:	
ноw much water are you really prinking?		
OVETVIEW: This will be a take home assignment that students will perform. Students will record what beverages they consume everyday and come back the next day to discuss whether they're drinking enough water to stay hydrated.		
Water makes up roughly 70% of our bodies. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. There are lots of symptoms that can come along with dehydration such as: headaches, muscle cramps, fatigue, dizziness, and even mild dehydration can drain your energy and make you tired. Beverage Hunt: Every time you drink a beverage, write down what you drank and how much in the boxes below		
Water	Other: milk, sports drink, soda, juice, etc	

HOW MUCH WATER SHOULD I BE DRINKING?

It is recommended that you should drink at least half your bodyweight in ounces to stay hydrated. Let's do some math!

POUNDS * 0.5 =	ounces of water
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That's how much you should be drinking everyday!

Reasons to skip the soda and drink water instead!

- The Sugar! A single can of soda contains the equivalent of 10 teaspoons of sugar. This
 amount of sugar, increases the blood sugar and causes an insulin reaction in the body.
 Over time, this can lead to diabetes, weight gain, and other health problems.
- Obesity– Harvard researchers have recently positively linked soft drinks to obesity. The study found that 12 year olds who drank soda were more likely to be obese than those who didn't, and for each serving of soda consumed daily, the risk of obesity increased 1.6 times.
- 3. Lack of Nutrients—There is absolutely no nutritional value in soda whatsoever. Not only are there many harmful effects of soda, but there aren't any positive benefits to outweigh them.
- 4. Dehydration— Due to the high sugar, sodium, and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.
- 5. Bad for the teeth– Drinking soda regularly causes plaque to build up on the teeth and can lead to cavities, brittle teeth, stained teeth, and gum disease.

DITCH THE SODA, DrINK MORE WATER!