

Wellness

CAMPUS

MODULE 5 WATER & NUTRITIOUS BEVERAGES



WATER

It is important to
drink enough water
every day.



WATER

Drinking water helps to cool down our body.



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When our body feels hot, we perspire, and the perspiration cools us down.



WATER

Drinking water helps to remove waste (i.e. urine and stool) from our body.



WATER

Water can be found in our blood, so water actually helps in bringing nutrients all over our bodies.



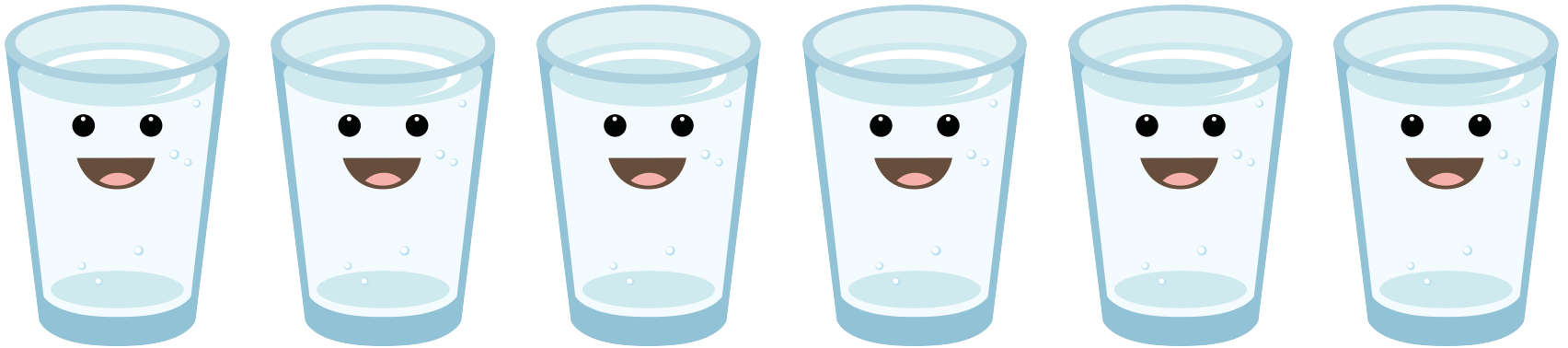
WATER

Water helps our skin and eyes from becoming dry.



WATER

Children aged 6-9 years old should drink 6 or more glasses of water each day.



WATER

Aside from drinking 6 or more glasses of water each day, we should drink nutritious beverages, such as milk, which has calcium for strong bones and teeth.

