

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. When our body feels hot, we perspire, and the evaporation of sweat cools us down.



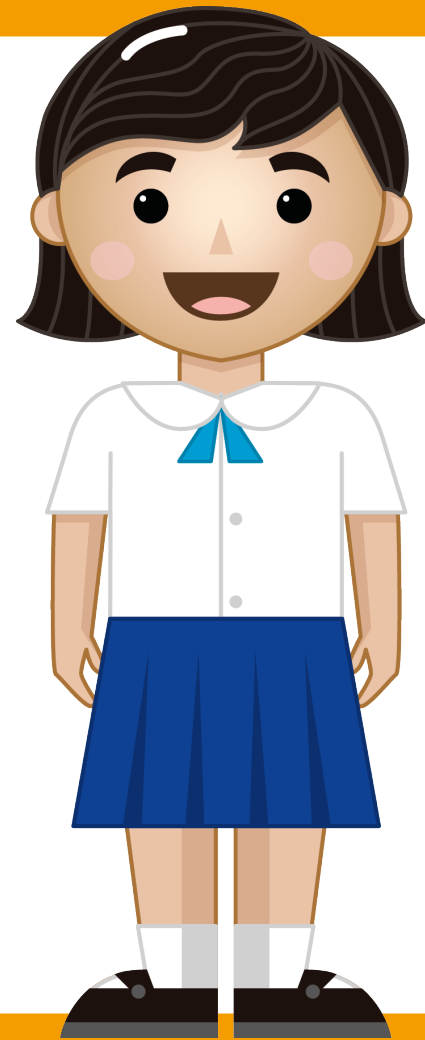
WATER

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



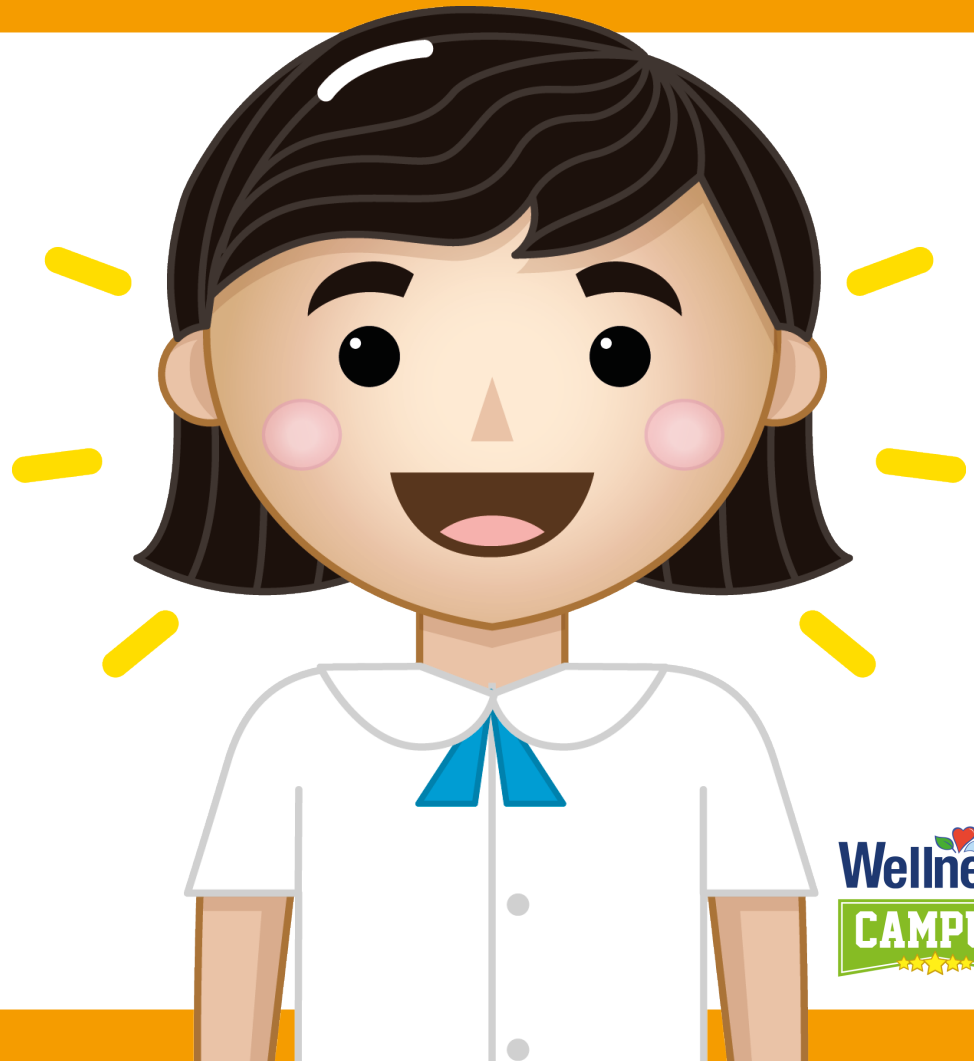
WATER

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



WATER

Water helps our skin and eyes from becoming dry.



WATER

Children should drink the recommended amount of water daily:

- 6-9 years old - 6 glasses or more each day
- 10-12 years old - 8 glasses or more each day



WATER

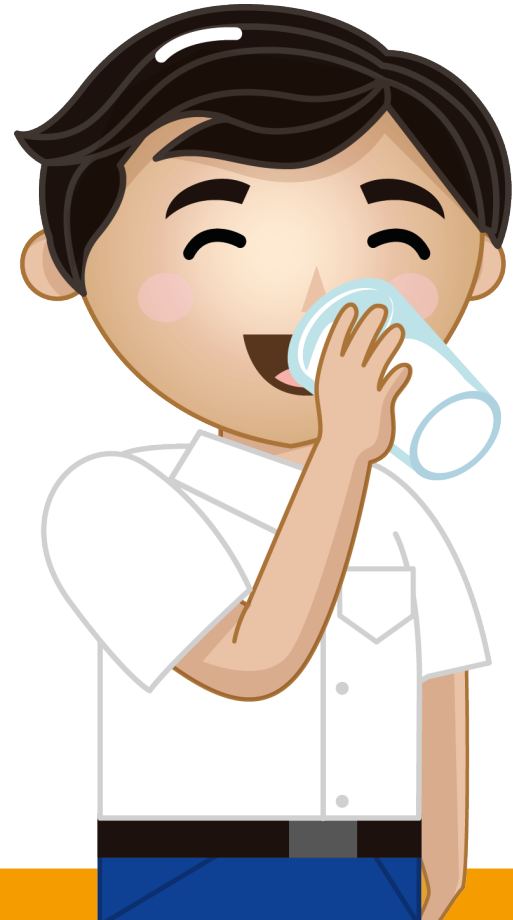
If you feel thirsty, it means that your body is already dehydrated and needs to replenish lost water.



WATER

If you feel thirsty, it means that your body is already dehydrated and needs to replenish lost water.

Do not wait until you feel thirsty before you drink water.



NUTRITIOUS BEVERGES

Aside from drinking 8 or more glasses of water each day, drink nutritious beverages such as milk which has **calcium** for strong bones and teeth.



FUNCTIONS OF CALCIUM

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- maintains strong bones



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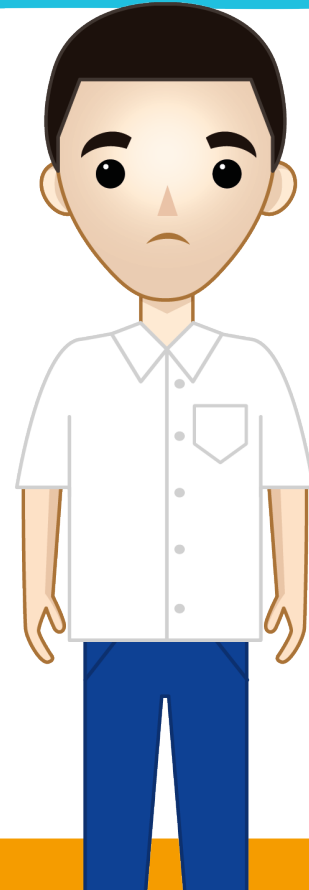
- maintains strong bones
- needed for other body activities such as muscle contraction and blood clotting



SIGNS & SYMPTOMS OF CALCIUM DEFICIENCY

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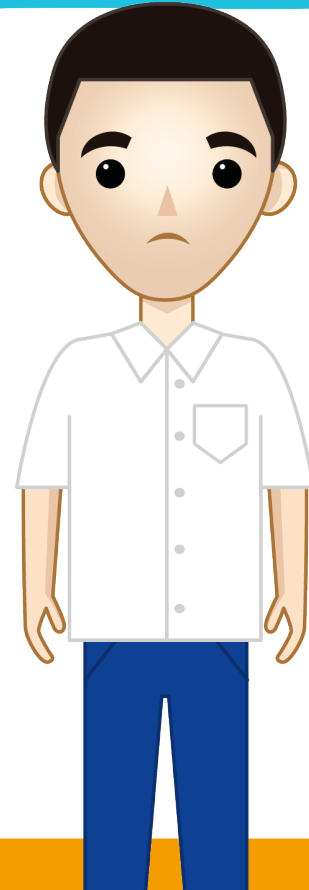
- porous bones, a condition called osteoporosis



SIGNS & SYMPTOMS OF CALCIUM DEFICIENCY

- porous bones, a condition called osteoporosis.

Individuals with osteoporosis have high risk of bone fracture, limiting quality of life.



SIGNIFICANT SOURCES OF CALCIUM

- milk and dairy products (e.g. yoghurt and cheese)
- dark green leafy vegetables
- fish with bones eaten (e.g. sardines)



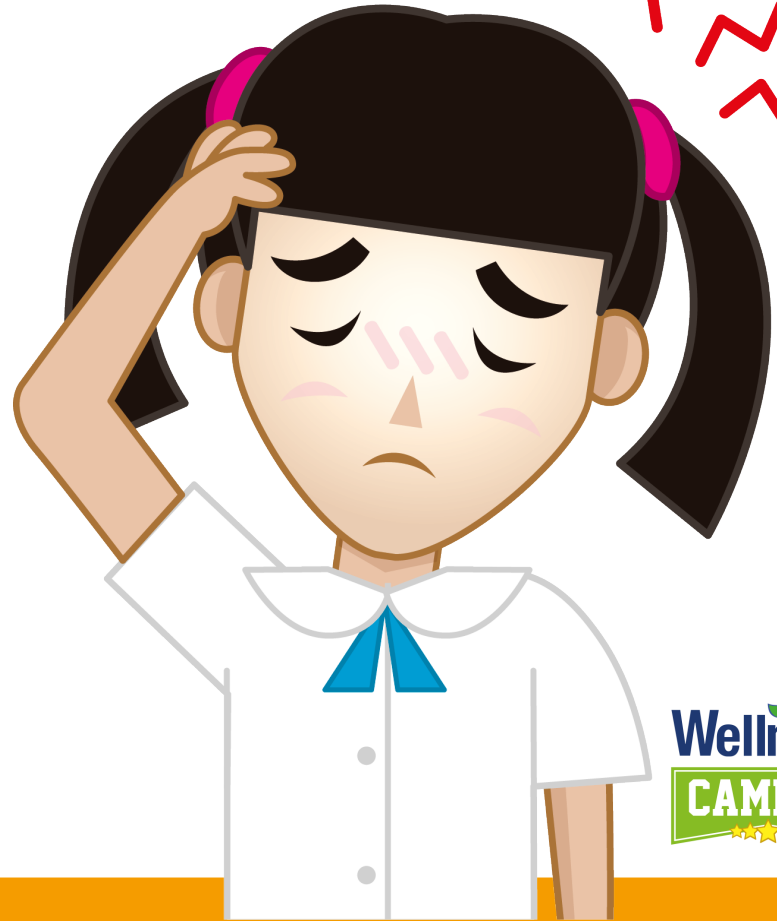
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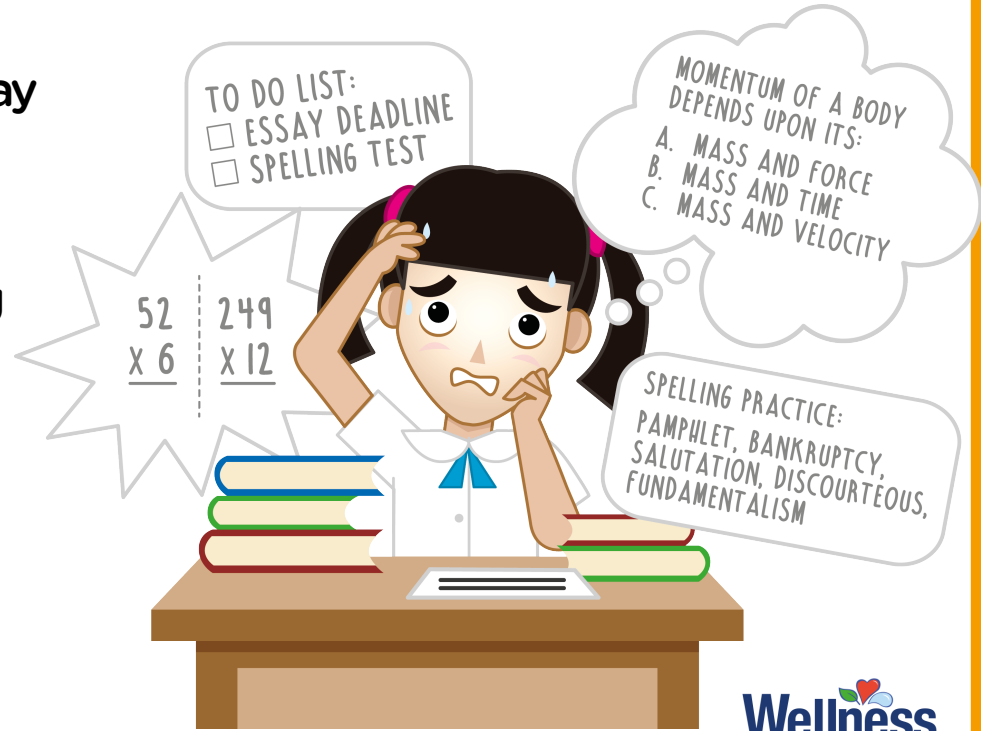
- We may get headaches.



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If we do not get enough water, we may experience the following:

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- We might have difficulty focusing or paying attention.



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- We might have difficulty focusing or paying attention.
- We may feel dizzy.



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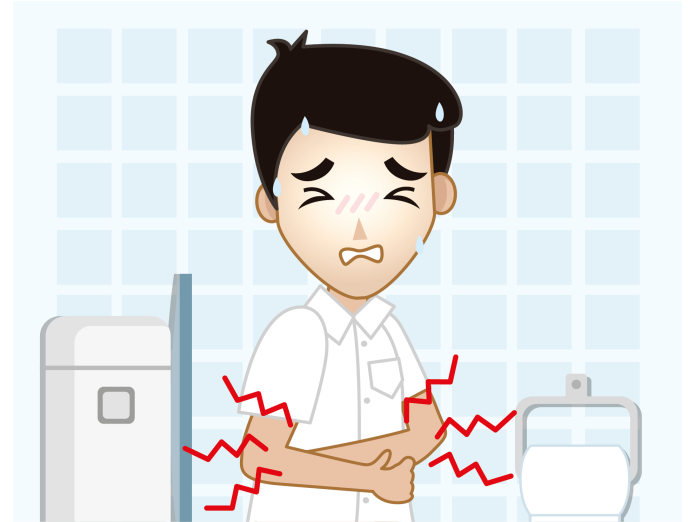
- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.



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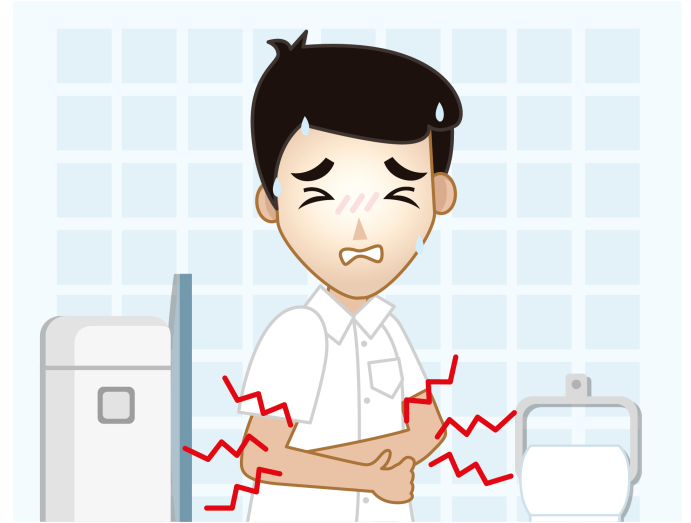
- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.
- Our stool might be hard.



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- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.
- Our stool might be hard.
- We may urinate less.



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If we do not get enough water, we may experience the following:

- We may get headaches.
- We might have difficulty focusing or paying attention.
- We may feel dizzy.
- Our skin, lips and mouth might feel dry.
- Our stool might be hard.
- We may urinate less.
- The color of our urine may be darker.

