

1. Fascinating Facts

6/7 Drinking Water survey

Aims:

- To introduce pupils to key facts about water and the body
- To undertake a survey to identify how much water they drink
- To experience presenting results through graphs
- To make pupils aware of the importance of drinking water

Materials:

- Worksheet 1
- Worksheet 6
- Worksheet 7

Method:

- Ask pupils to estimate the percentages of water in their body, their brain, bones and skin
- Hand out Fascinating Facts and compare their answers with this
- Emphasise importance of drinking water and carry out activity on Worksheet 6
- Hand out Worksheet 7 to pupils and explain that you would like them all to keep a record of how much water they drink over seven days. Fruit juice and fizzy drinks do not count - only tap or bottled water
- Once the survey is complete display individual graphs and use this to create a class graph which shows particular aspects of the survey e.g. how many pupils drink less than 6-8 glasses each day

2. Everything needs water to live - plants too!

Aims:

- To investigate through an experiment how plants use water to live
- To enable pupils to recognise the importance of water to life

Materials:

- Copy of Worksheet 2 at appropriate level for each group
- One cut white carnation or stick of celery, a clear vase or jar, red food colouring for each group

Method:

- Decide whether you will conduct the experiment as a class in small groups or organise small groups to do it at different times during the day
- As it takes a number of days for the experiment, it may be appropriate to start it at the beginning of the week
- Hand out Worksheet 2 and equipment to each group
- Discuss the experiment with the pupils, check understanding
- Pupils set up experiment and design their recording instruments
- Following completion, pupils write up their experiment

3. Water in Fruit

Aims:

- For pupils to investigate how much water fresh fruit contains
- To practice measuring and recording skills

Materials:

- Copy of Worksheet 3 at appropriate level for each group
- One orange, lemon, grapefruit, sharp knife, squeezer, 3 plastic beakers and a measuring jug for each group

Method:

- The experiment could take place at the front of the class with pupil assistance or in small groups at different times during the day/week with a class briefing and discussion beforehand
- Show pupils fresh fruit and explain that each of these contain water but it is difficult to tell by looking at them. To find out how much juice it will have to squeezed
- Carry out the experiment with the whole class or set small groups to work, handing out equipment and worksheet at appropriate level
- Pupils write up their experiment using the outline provided on the worksheet
- The supermarket research can be set as a homework activity

4. Water and our body

Aims:

- To improve pupils independent research skills
- To improve pupils knowledge of water and the body

Materials:

- Copy of Worksheet 4 for each pupil/group
- Internet access, reference books
- Packets of cream crackers
- Stopwatch or timer

Method:

- Decide whether pupils will do this individually or in groups
- Hand out Worksheet 4 and discuss and set deadlines for completion
- Review answers and times for eating the cream crackers

5. Fascinating Facts

Aims:

- To introduce pupils to how water works within the body
- For pupils to undertake independent research tasks

Materials:

- Copy of Worksheet 5 for each pupil
- Internet access to appropriate web site and reference books

Method:

- Hand out worksheet to each pupil and discuss the task and set a deadline for completion
- Guide pupils to appropriate sources of information



8a/b. Drinking Water Quiz 9. Wordsearch

Aims:

- To check pupils knowledge about the importance of drinking water
- To reinforce the vocabulary that they have been using

Materials:

- Worksheet 8a/b - Drinking Water Quiz
- Worksheet 9 - Wordsearch

Method:

- The quiz and wordsearch can be used in class or as a homework task
- Hand out a copy of quiz and wordsearch to each pupil to complete
- Alternatively ask them to design their own and try them out on a friend