

Video lesson		The wai in our kai
Years	Duration	Class-based, video-led lesson
3-5	45 minutes	

Your students will learn about :

- How water makes our bodies healthy
- Where drinking water comes from
- How water is used in the home
- How water is in our food
- Why it is important to use water wisely

This is a video-led lesson, with one of Watercare's own education co-ordinators presenting.

What you will need to provide for the lesson :

- Screen for watching the video

Per student:

- game activity sheet

Per group:

- paper and pens for brainstorming

Materials for the experiment:

- celery
- food colouring
- water
- jars

For further resources about protecting our most precious resource go to

waterforlife.org.nz

**WATER
FOR LIFE**