

# Knowledge Organiser: Drain Your Drinks



## Key Vocabulary

**Hydrate-** The body to have enough water/liquid to function

**Eatwell Guide-** A model that shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet

**Ingredients-** Foods that are combined to make a dish

**Recipe-** A list of ingredients and instructions for making a food dish

**Seasonal food-** Food that is eaten during the same season that it naturally grows

**Evaluate-** To work out how good something is

**Research-** To find information out about something

**Adapt-** Change

## Remember

- Fruit juice and smoothies contain lots of vitamins but they also contain lots of sugar. Only have one glass a day (150ml) and drinking it with a meal is the best time to help protect your teeth from the sugar.
- 7 - 10 year old children should have no more than 7 cubes of sugar per day.
- Drinks to choose often: water, low fat milk, sugar free drinks, tea and coffee.
- Drinks to choose less often: Fruit juice, smoothies, shop-bought milkshakes, fizzy drinks and squash and hot chocolate

## The safe ways to cut:

The Bridge hold



The Claw Grip



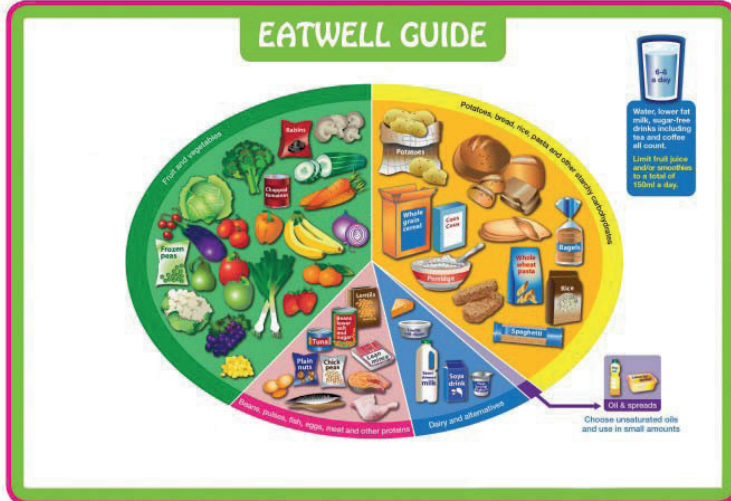
## Homemade smoothies are a great choice because:

- They contain several portions of fruit
- They can also contain a portion of dairy foods if milk or yoghurt is added .
- They can contain carbohydrates too if we add oats or other wholegrain cereal



## Don't forget our kitchen hygiene rules:

	tie back our hair.		wash hands thoroughly with hot, soapy water.
	roll up our sleeves.		wear an apron.
	remove any jewellery.		not cough or sneeze over food.
	cover open cuts with a brightly coloured plaster.		



## Why do we need to drink?

- Our bodies need water (hydration) to work well so that we stay healthy. We are always losing water - through our skin (sweat), mouth (breathing) and when we go to the toilet, so we need to replace this water regularly throughout the day.

## What happens if we don't get enough water?

- We feel thirsty and our mouths feel dry. We may get a headache, feel tired and faint.
- We need to drink between 6 and 8 glasses of water every day. A medium glass holds around 200 ml.