

Video lesson		<h1>The wai in our kai</h1> <p>Class-based, video-led lesson</p>
Years	Duration	
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

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

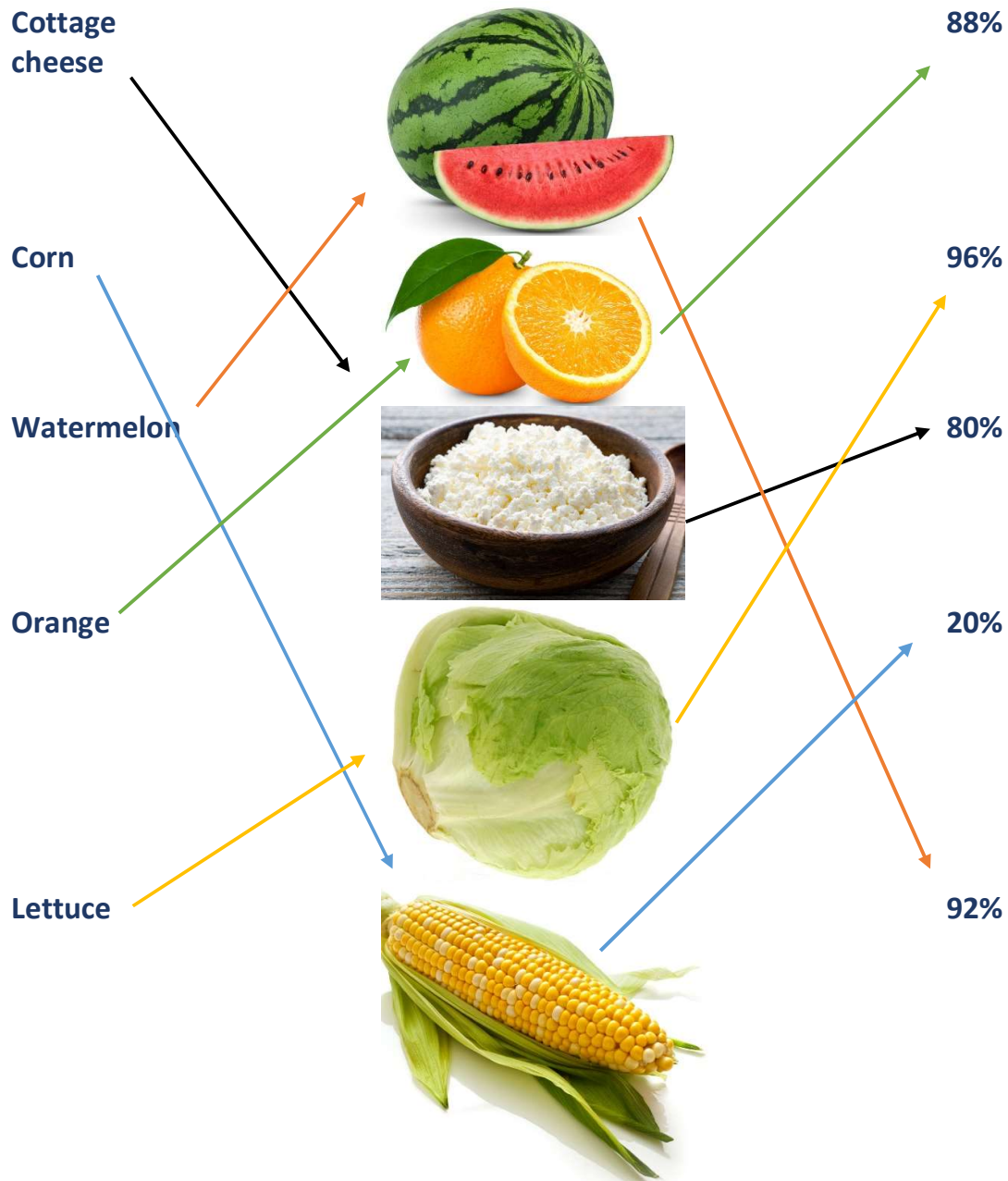
This is a video-led lesson, with one of Watercare's own education co-ordinators presenting.

For further resources about protecting our most precious resource to go
waterforlife.org.nz

The wai in our kai

GAME ACTIVITY SHEET

- **THINK:** Draw a line from each food name to the matching food picture.
- **GUESS:** Guess the percentage of water in each type of food. Draw a line from each food picture to your guess.



The wai in our kai

GAME ACTIVITY SHEET

- **THINK:** Draw a line from each food name to the matching food picture.
- **GUESS:** Guess the percentage of water in each type of food. Draw a line from each food picture to your guess.

Cottage
cheese



88%

Corn



96%

Watermelon



80%

Orange



20%

Lettuce



92%