

Full Name:

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Class: **Date:**

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Essential nutrients - Water

Calculate your personal fluid requirement based upon your body weight in the space below. Remember, this is your weight in kg x 35. The figure you get will be in ml – if you want to convert it to litres, move the decimal point 3 numbers to the left. E.g. If your answer was 1260ml, this would be 1.2 litres.

One good way to know if you are drinking enough is the colour of your urine – it should be a pale straw colour. What colour is yours usually? Take a look next time you visit the toilet, and if it's too yellow, you need to drink more!

Now list the drinks that you consume every day – do you carry a water bottle and finish it? How many glasses of water or juice or milk do you drink each day? List your drinks and foods that also provide a high water content here.

Drinks

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Foods high in water (fruit/veg/soup)

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