

INCURSION PROGRAM

How much water do you eat?



PROGRAM OVERVIEW

All living things depend on water to survive. Of all the water in the world, 97% is salty ocean water, only 3% is freshwater, which is used for drinking, showering, cleaning, watering lawns, growing crops, producing food and making everyday products.

In this program, students are introduced to direct and indirect water use with an activity to calculate how much water is used in a typical meal and design a meal that considers water use.

Using water use fact students analyse information provided to evaluate food items from a sustainability perspective. Based on this analysis students will evaluate the water use of food items and discover how much water is used every day and also to prepare a water sensitive meal.

WHAT YOU WILL NEED

The How Much Water Do You Eat Lesson on PowerPoint
How Much Water Do You Card Templates
Meal Planner Templates
Seqwater H2O Kids Snakes and Ladders

PROGRAM OUTLINE

- **INTRODUCTION:** Use PowerPoint or Lesson Video to introduce program
- **STUDENT ACTIVITY:** Either in student groups or individually students analyse information on cards and sequence foods in order from least to most water intensive. Students can also play games of memory, snap or games of choice.
- **STUDENT ACTIVITY:** Using cards students prepare a meal that is water sensitive and record in Meal Planner template found in Tool Box.
- **ADDITIONAL ACTIVITIES:** Lets be a H2O Kid Waterwise Snakes and Ladders printed from Toolbox.

