



How much water do you eat?

WATER FOR LIFE

**Guess how much water you
use a day? litres?**



What is a litre?

Capacity means how much a container will hold. What is capacity measured in? L-litres and mL-millilitres.

Examples

- A standard milk container is 2 Litres.
- A standard bucket is 9 Litres
- Large green wheelie rubbish bin 100 Litres
- Home swimming pool has 40000 Litres.
- Olympic swimming pool 2.5 million Litres.



Find some containers at home and look for their capacity in litres.



This is an example of our DIRECT water use per day 176 litres



1x load of washing
= 88 litres



1x 4 minute shower
= 36 litres



2x half flushes
and 1x full flush
= 12 litres



1x load dishwasher
= 11 litres



3x washing hands
= 3 litres



Drinking water
= 2 litres



2 x cooked
meal = 8 litres



Outdoor use
= 13 litres



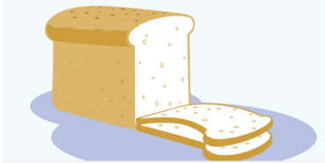
Direct water use
is the daily uses
of water such as
showering,
cooking and
drinking.



2x brushing teeth
= 3 litres

This is called our INDIRECT water use.

BREAD



1 x slice 40grams
=
64 litres

TOMATO



1 x serve 70grams
=
15 litres

CARROT



1 x serve
70grams =
13 litres

MILK



1x glass 250mL
=
255 litres

BROWN RICE



1 x serve 70grams
=
152 litres

EGGS



1 x egg
=
197 litres

Indirect water use is the water used to grow, transport and store the food we eat and make everyday items.

Do you use
more **DIRECT**
water use or
INDIRECT water
use?

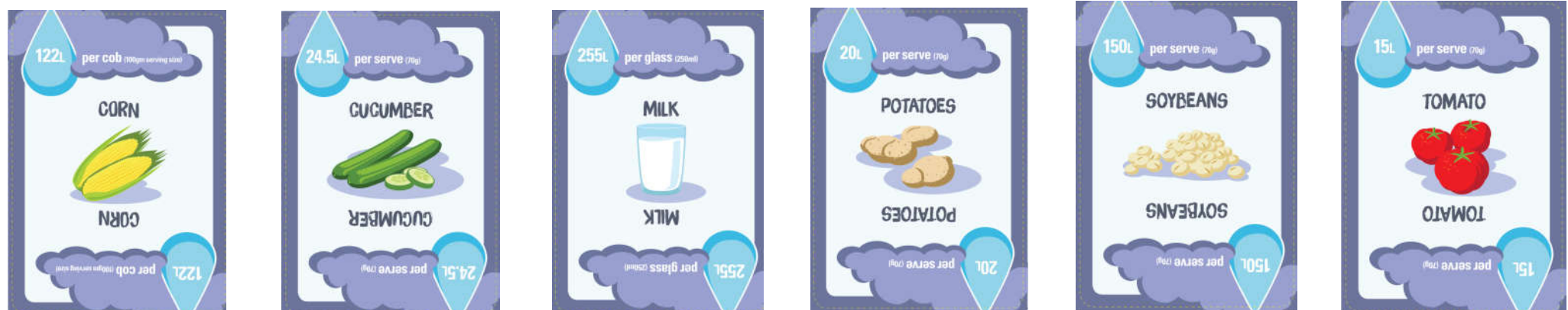
Where does all this water come from?



Play the song and dance along to find out!



Use information on water use cards to sequence food from least to most water use



Water Use Cards can be found in Toolbox

PLAN YOUR MEAL
HOW MUCH WATER DO YOU EAT?

NAME: _____

100% 94% 100% 100% 100% 100% 100% 100% 100% 100% 100% 100%

PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING PER SERVING

BEF PATIES BREAD BROWN RICE SOY BEANS EGGS CORN CUCUMBER POTATOES CARROT TOMATOES MILK BLACK COFFEE TOTAL LITRES

	BEF PATIES	BREAD	BROWN RICE	SOY BEANS	EGGS	CORN	CUCUMBER	POTATOES	CARROT	TOMATOES	MILK	BLACK COFFEE	TOTAL LITRES
BREAKFAST													
LUNCH													
SNACK													
DINNER													
TOTAL LITRES FOR ONE DAY													

seqwater WATER FOR LIFE

Using the information provided in Water Use Cards.



Plan a day's meals that are "water sensitive".

Meal Planner template can be found in Toolbox



BEING WATER WISE

Think of ways you can save on your direct water usage.

PRINT AND PLAY
With the Seqwater H2O Kids Snakes & Ladders to discover how to be water wise at home or school.

Thank you!

For more programs, activities and
resources visit

seqwater/education.com.au

