



# Healthy & Learning Lifestyle

*The Importance of Water for  
the Human Body*



Co-funded by the  
Erasmus+ Programme  
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# ASSIGNMENT FACTSHEET

This assignment includes these topics:

- Nutrition ✓
- Exercise
- Mental health
- Physical health ✓
- Your own (healthy and learning) lifestyle ✓
- The lifestyle of others
- The healthy and learning lifestyle circumstances at home
- The healthy and learning lifestyle circumstances at school
- Other topic, being:

This assignment is:

- Challenge based
- Exchange oriented ✓
- Aimed at personal development ✓

This assignment includes these pupil activities:

- Investigate or research ✓
- Contact experts and practitioners
- Present and discuss their findings ✓
- Other activity, being:

This assignment includes elements of these school subjects:

- Math
- English ✓
- Physical Education
- Biology ✓
- Geography
- ICT
- Physics
- History
- Other subject(s), being:

Key words or hashtags for this assignment are:

Nutrition  
Eating habits  
Daily reference intake



## The importance of water for the human body

### SHORT DESCRIPTION

In this activity, students will receive information about adequate water consumption as well as the importance of water for the human body. In addition, students will track and analyze their own habits of hydration.

### PUPIL TARGET

7-16 year olds in primary, secondary and high school grades.

### REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

**Describe which competences, skills and knowledge pupils need up front.**

**Pupils should already know how to:**

- Seek information and interpret it
- Use apps online
- Analyze data e (own) results from researches
- Present and discuss the results obtained

**Pupils should be able to already:**

- Know ways of hydration of the human body
- Have basic knowledge of English (to connect with students abroad)

**GROUP SIZE AND  
WAY OF  
EXECUTION**

This is a group activity that involves elements of sharing, discussing and presenting the results at the completion of the activity.

**TIMEFRAME**

**Preparation time need by teacher (and pupils):** Very little preparation time and effort is needed by the teacher.

**Expected total duration of the assignment (to execute the assignment):** Students are asked to follow their hydration habits (drinking for a whole week and then meditating on it.) So, encompassing all aspects, about 10 days in duration, with a little effort every day.





[www.healthy-lifestyle.school](http://www.healthy-lifestyle.school)

!mpulse@

Learning  
Hub  
Friesland

Geseme  
Medical experts.  
Safety specialists.

Klare Koek.



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