

FOOD EDUCATION PROJECT

LESSON 04: “Why do Kids only have to drink water?”

Water is life because our metabolism is active thanks to the substances dissolved in it: water constitutes 80% of newborn’s body weight and about 60% of adult’s. If it is true that in baby’s body there is more water than in adult’s one, that does not protect him from the sudden losses of the first years of life, because in this period he has a water replacement five times quicker than the adult’s one and a ready-to-use water stock proportionally weaker.

When a child is thirsty, he has to drink water, not sweetened drink or fruit juices. Water is the ideal drink for children: it is tasteless and this prevents it being drunk for gluttony; furthermore, it does not change food taste, does not fatten even when taken in excess because it is rapidly eliminated through urines.

Water acts on our entire organism:

- **as a solvent for great part of nutrients** (minerals, water-soluble vitamins, amino acids, glucose, etc.): it has an essential role in digestion, absorption, transport and use of nutrients. (concept for children: many substances as vitamins and minerals dissolve in the water)
- **It guarantees the right consistence of intestinal contents;** (concept for children: it helps to make p**p).
- It is the means through which **the organism eliminates metabolic wastes;** (concept for children: it helps to clean the body)



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- It keeps skin and mucous membranes elastic and compact; (**concept for Kids: it is good for the skin**).
- It is essential for the **regulation of the body temperature**.
- The water acts as a **lubricant** for amortizing joints and tissues.

Furthermore, an adequate hydration:

- Guarantees **greater attention at school** (a drop of 1 or 2% of body water provokes a decrease of 10% in concentration during study); the cause of dehydration can be the psychological and environmental stress, which subtracts water to cells. In addition, juices and industrial drinks, products which contain caffeine, computer and television act dehydrating and stealing moisture to the body. So, drinking water helps the brain to memorize and recall pieces of information, and activates the electrochemical communication between brain and nervous system. A sufficient hydric supply improves all the skills necessary for learning and so, it is very important before exams or foreseen stressful situations.
- **Drinking water improves concentration**, increases the ability to move and the level of participation, improves mental and physical coordination and reduces stress.
- **It opposes the increase of the risk of diseases** related to dehydration as kidney stones, gallstones, recurring cystitis, headache, etc. (**concept for Kids: it makes you feel good!**).
- **It prevents constipation** and contributes to create more voluminous and softer feces.



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- It helps the control of weight. Drinking less water is related to obesity and to a greater intake of calorie probably also because of the substitution of water with sparkling drinks (which fatten and hydrate less); (concept for kids: it does not fatten).
- It is really useful in gymnastic performance; indeed, a weak hydration reduces energy and motor skills of 25%; (concept for children: you are greater in sports!).

Paediatricians recommend make children drink, especially in the hot season, half an hour before physical activity and every 20 minutes during practice, even if they don't complain being thirsty. According to LARN, Reference Levels of Assumption of Nutrients and Energy of the Italian society of Human Nutrition (SINU), the following are the necessary quantities to satisfy children's and teenagers' need, even if a part of water can be find in the foods they eat:

- Children between 1-3 years old: they need 1.200 ml of water per day
- Children between 4-6 years old: 1.400 ml of water per day
- 7-10 years old: 1.800 ml of water per day
- Males between 11-14 years old: 2.000 ml of water per day
- Males between 15-17 years old: 2.500 of water per day
- Females between 11-14 years old: 1.900 ml of water per day
- Females between 15-17 years old: 2.000 ml of water per day



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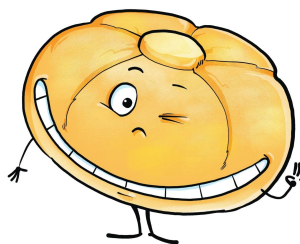
Duty for parents:

If your son usually drinks beverages other than water, make sure he does not find them at home anymore if not in special occasions... Be yourself a good example and only drink water too: the same rules are good for you.

Check how much your son drinks and start to educate him to a healthier lifestyle.

For any information please refer to your trainer.

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