Aim for 5 cups fluid total each day (1 cup = 250ml). You may need more water if it is very hot and if you are very active.

- ✓ Water and reduced fat milk are the best drink choices. Water is best to quench thirst.
- ✓ Drink water or reduced fat milk with your evening meal at the table.
- ✗ Limit soft drink consumption (including sports drink, energy drink and cordial) to once a week or less, and in small amounts.
- ✗ Limit fruit juice to no more than ½ cup a day.

### Water and Milk Bonus Points

<table>
<thead>
<tr>
<th>Water and Milk</th>
<th>Bonus Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colour in a cup for each cup of water or reduced fat milk you drink each day. Aim for 2 cups reduced fat milk a day.</td>
<td>Add 1 point if you drank water or reduced fat milk with your evening meal at the table.</td>
</tr>
<tr>
<td>= 1 cup (250 ml)</td>
<td>Add 2 points if you had NO soft drink, sports drink, energy drink or cordial.</td>
</tr>
<tr>
<td>* Include the milk you pour on your cereal. (about ½ cup)</td>
<td>Add 2 points if you had ½ cup of juice or less.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Points</th>
<th>Water Points</th>
<th>Bonus Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<tr>
<td>Tuesday</td>
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<td>Sunday</td>
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</tbody>
</table>

**Grand Total for the Week** /70

**How did you go?**

My Grand Total for the week was ............

- □ 55-70  Congratulations!
- □ 35-55  Doing OK - Keep going
- □ Less than 35  Uh Oh! Keep Trying

**How can you improve?**

- □ More water
- □ More reduced fat milk
- □ Water or reduced fat milk with meal
- □ Less juice
- □ Less soft drink/sports drink/energy drink/cordial

**Parent Signature**

MAY12 (CHA) 120137
**Q4: H₂O**

**HOW MUCH FLUID DO CHILDREN NEED?**
- Children aged 4-8 years need 1.2 litres (about 5 cups) of fluid each day.
- Girls aged 9-13 years need 1.4 litres/day (5-6 cups) and boys need 1.6 litres/day (6 cups)

*If it is very hot or children are highly active they may need more.*

**This fluid requirement includes water, milk and other drinks, but water and reduced fat milk are the best choices.**

**MEALTIMES**

Try to eat meals together as a family, at the table and without the TV on.

Children who eat meals this way are more likely to have a healthier diet and be a healthier weight.

**WHY WATER?**

- Water is best to quench thirst.
- Water has no sugar or energy (kilojoules).
- Most tap water contains fluoride which helps children develop strong teeth. Tap water is much cheaper than many other drinks.

- Serve water with meals – place a jug of cold water on the table.
- Use a refillable water bottle.

**WHY NOT SUGAR SWEETENED DRINKS?**

- Children who regularly drink soft drink and other sugar sweetened drinks are more likely to be overweight.
- Soft drinks, sports drinks, energy drinks and juices all contain sugar and acid which both contribute to dental decay.
- Fruit juice contains some vitamin C, but ½ cup of most juices (or ½ fresh orange) provides a child’s daily requirement for Vitamin C.
- Soft drinks, energy drinks, flavoured mineral waters and sports drinks are banned for sale from school canteens in NSW.
- Energy drinks also contain caffeine (at about the same level as instant coffee). Drinks with added caffeine are not recommended for school aged children.

*Did you know that one cup (250ml) of soft drink, cordial, sports drink, energy drink or juice contains at least 6 teaspoons of sugar?*

- Artificially sweetened drinks taste sweet, and so encourage a liking for sweet drinks. They also contain acid which contributes to dental decay.

**MILK AND MILK ALTERNATIVES**

Children aged 4-11 years need 2-3 serves of milk or milk alternatives each day.

- One serve is 1 cup (250ml) milk or soy milk (with added calcium)
- 200g (1 small carton) yoghurt
- 40g (2 slices) cheese

*Reduced fat milks are encouraged for children over 2 years.*

Reduced fat milks provide the same important nutrients as full cream milks (such as calcium and protein) but less saturated fat.

Plain reduced fat milks are preferred.

Flavoured reduced fat milks are a healthier choice than sugar sweetened drinks such as soft drinks, cordial etc.

Milk and milk alternatives also protect against tooth decay.

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Adapted from the Q4:H₂O Activity developed by the Health Promotion Unit, Central Coast Local Health District and used by Primary School since 2010 (www.healthpromotion.com.au)