

Hydrating Fruits and Veggies + Hydrating Salad Recipe

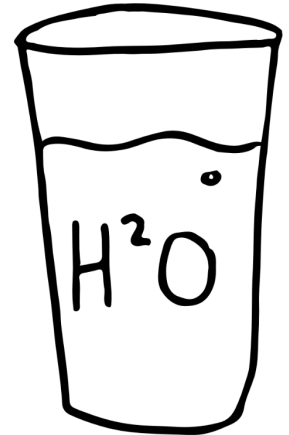
What's this lesson all about?

Water is one of the body's most essential nutrients. This lesson will help you understand the importance of water for our bodies and explore ways to stay hydrated with food by making a salad from water-rich fruits and veggies.

LEARN ABOUT IT

Why do we need water?

- 60% of our bodies are made of water
- Water carries minerals and vitamins to cells in your body
- Water is great for your nails, teeth, hair, and skin
- No person can live more than 3 - 5 days without water
- Water helps energize muscles, especially when exercising
- Water cleanses our bodies of toxins and helps us go to the bathroom
- Making sure that you drink enough water is called "staying hydrated"



How much water should I drink daily?

- Have a glass of water with every snack and meal
- Eat more fruits & veggies— they have water in them, too!
- Use the 8x8 rule: Drink at least eight 8oz glasses of water/day
- Add orange, lemon, or berries to flavor your water
- Carry a water bottle wherever you go, especially when you are outside

Fruits and veggies with high water content:

- | | |
|----------------|------------|
| • Watermelon | • Cabbage |
| • Peaches | • Cucumber |
| • Strawberries | • Lettuce |
| • Oranges | • Zucchini |
| • Tomatoes | • Celery |
| • Peppers | |

FOOD FOUNDATION STANDARDS: Food is Fuel

This lesson meets the following Indiana State Academic Standards: 4.RV.1, 5.RV.1, 6.RV.1, 4.SL.1, 5.SL.1, 6.SL.1, 4.SL.2.1, 5.SL.2.1, 6.SL.2.1, 4.SL.2.3, 5.SL.2.3, 6.SL.2.3, 4.SL.2.4, 5.SL.2.4, 6.SL.2.4, 4.SL.2.5, 5.SL.2.5, 6.SL.2.1, SEPS.1, SEPS.2, SEPS. 8, 4.PS.3, 5.PS.1, 5.1.1, 5.1.2, 5.3.1, 5.4.2, 5.4.3, 5.4.6, 5.5.1, 5.5.5, 5.6.1, 5.6.2, 5.6.5, 5.7.1, 5.7.2, 8.1.1, 8.3.2, 8.4.1, 8.4.2, 8.4.3, 8.4.4, 8.5.1, 8.5.3, 8.5.4, 8.5.6, 8.6.2, 8.6.5, 8.7.3

FOOD IS FUN! FOOD IS FUEL. FOOD IS FROM THE EARTH. FOOD IS FOR SHARING!

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BE A FOOD EXPLORER

WATCH: Check out this rap written and performed by a very cool 11-year-old, Brody, who relays through rap the importance of staying hydrated while playing sports.

Click this link: <https://www.youtube.com/watch?v=oSxOksXkm-Q>

CONNECT: Go to someone in your house and ask them how much water they drink every day. Ask them how they feel when they don't get enough water through the liquids they drink or the foods they eat.

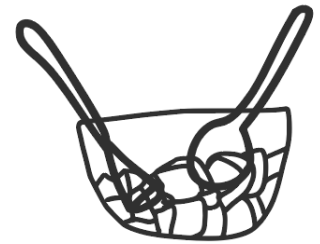
TRY: Here's an idea to add some color to your glass of water at home: Rainbow Ice Cubes!

Click this link: <https://www.tastemade.com/videos/rainbow-ice-cubes>

MAKE:

Hydrating Salad

This recipe makes 5-6 servings. You can cut the recipe to reduce number of servings. (For example, to cut the recipe in half, divide the quantity for each ingredient by 2). Feel free to make substitutions as needed. Use what you have on hand! Make sure you have a grown-up to help you while cutting.



Ingredients

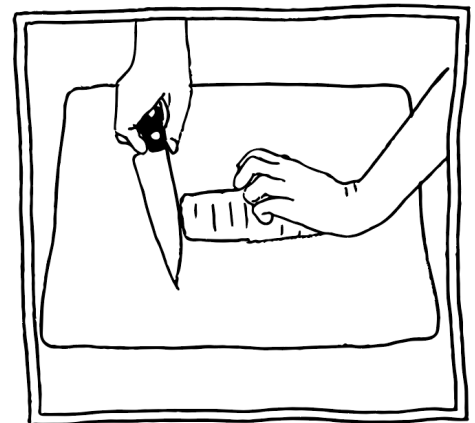
- 2 ½ cups corn (fresh off the cob, canned, or frozen)
- 2 cans black beans
- 2 cucumbers
- 2 red bell peppers
- 2 limes
- 2 avocados
- 2 cups cherry tomatoes
- 1 cup cilantro (finely chopped)
- Salt & pepper

Materials

- Cutting Board
- Knives
- Mixing bowls
- Tossing spoons
- Wash cloth
- Serving bowl
- Fork

Directions

1. Cut cucumbers, red peppers, and avocado.
2. Halve cherry tomatoes and limes.
3. Dice cilantro.
4. Combine red peppers, cherry tomatoes, and cucumbers in mixing bowl.
5. Add black beans and corn.
6. Squeeze the fresh juice from the lime onto the salad and stir well.
7. Mix in the avocado.
8. Season with salt and pepper and enjoy!



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