Lesson 3 Family activity sheet

Hydration and recycling

Here are some top hydration tips for all the family!

- Make sure you have 6-8 drinks a day, more if the weather is warm or you're being active.
- Keep a bottle of water with you at work/school and sip it regularly.
- Have a drink with each meal.
- Choose drinks without added sugars.

Wonderful water!

- Water is a great choice for a regular drink as it hydrates you without providing extra energy (kilojoules/kilocalories) or risking harm to your teeth.
- To find out more about hydration for children and adults, visit: nutrition.org.uk/healthyliving/hydration.html

Drinks containers –recycle challenge!

Monitor the drinks containers your family uses over a week, e.g. squash bottle, milk container, juice carton, coffee jar, cardboard teabag box.

What do you do with these after?

- **Check on the recycle now locator** for how and where to recycle common items recyclenow.com/local-recycling
- If the containers aren't recyclable are there other options or ways to reduce, reuse or recycle these containers?

DRINKS CONTAINER	REDUCE	REUSE	RECYCLE
	Could you limit how much packaging is needed? Could you find alternatives to the packaging?	Is there a way to consume this product in reusable packaging? Can you reuse the packaging after consumption?	Does the label say if the packaging is recyclable? Can you recycle at home or at a specialist recycling point?
Orange squash bottle	*find condensed alternatives*	*use the bottle as a watering can for plants*	*recycle through home recycling bin with label & lid on*