

# THE MIRACULOUS WATER

## Dear Parents,

Hi there, it's me, EatSmart Doggie again! Everyone says I'm a smart eater as I know a lot about nutrition and healthy eating. What's more? I drink a lot of water!

Although water is tasteless, it is essential to our body. It constitutes about 60% of a child's body weight. Water does not only regulate the body temperature, it also removes waste from our body and helps with bowel movement. Drinking too little water will make the body hard to function properly.

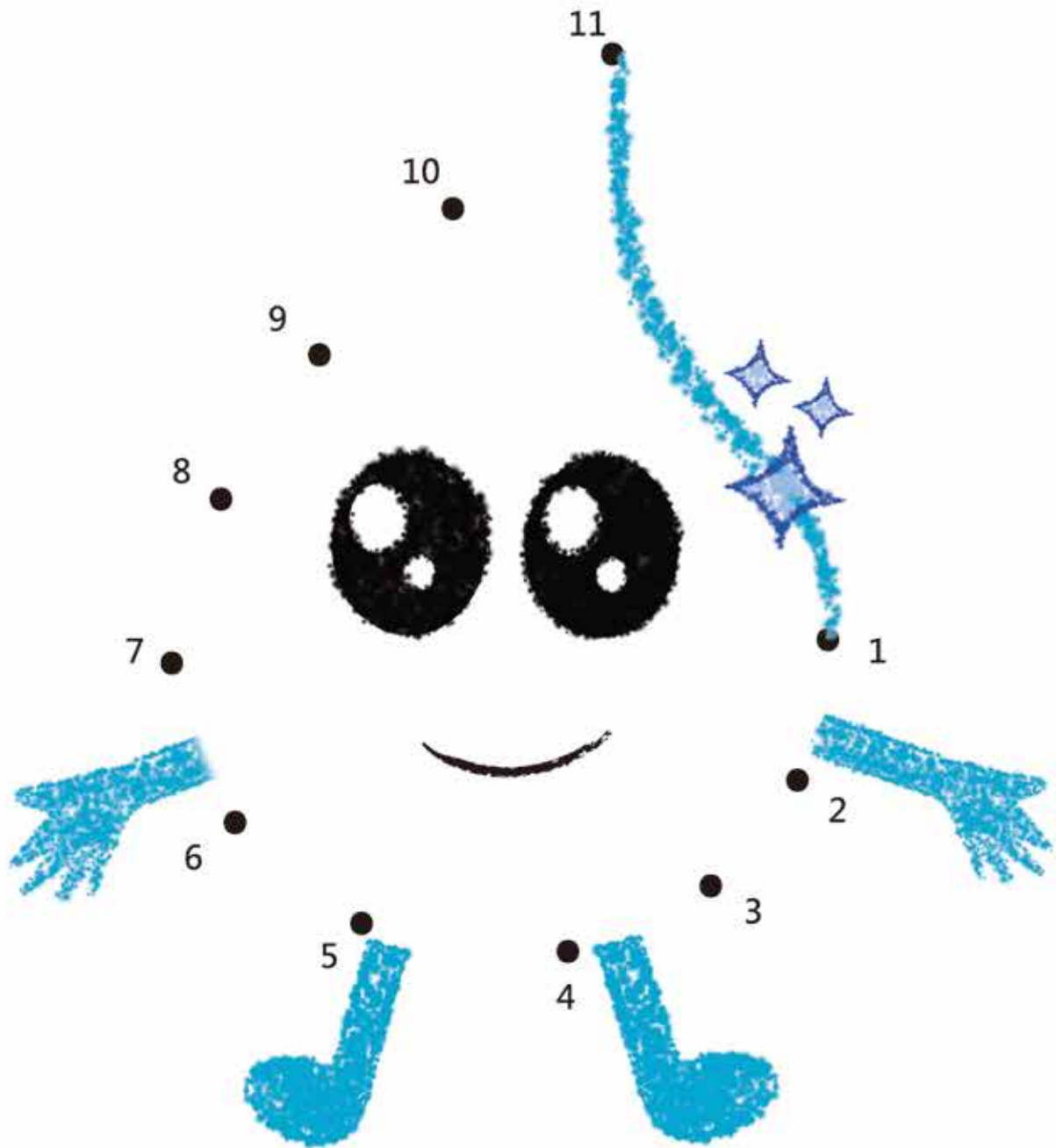
Since water is so important to the body, how much water should children drink every day? I recommend an average of 4-5 glasses of fluid each day for children aged 2-6 and water is the best choice! After performing physical activity, or in hot or dry weather, remember to give your children a good supply of water.

However, most children are not keen on drinking water, not to mention 4-5 glasses of water every day. They may find water rather bland as most of them have a sweet tooth. This makes a lot of parents worry. To help children attain such goal, the following tips may help you:

1. start with a small amount, and keep giving your children water regularly so as to build up their habit of drinking water;
2. give them water after they got out of bed, or after meals, snacks or activities, whenever you can;
3. give them water only, and not sweetened drinks, when eating out; and
4. prepare a water bottle for your children before they go to school or go out.

Last but not the least, be a role model for your children. Drink water with them.

Best Regards,  
EatSmart Doggie



Kids, can you link up all the numbers and fill in colors?

