



Drink plenty ideas



Set a taste challenge! Infuse water with different herbs, fruit or vegetables (e.g. cucumber). Remove the herbs, fruit or vegetables from the water before the challenge begins. Serve small samples of each infusion and challenge pupils to guess what was used to flavour each drink.



Task pupils to keep a record of the number and type of drinks they have each day. They can use the [My drinks chart](#) to help them with this.

Challenge pupils to make their own poster that explains why drinking plenty is important and promotes healthy hydration. Provide paint, coloured pencils and other art materials and let them get creative!



Give pupils the opportunity to be 'hydration champions' whose job it is to help keep everyone hydrated. They can fill up water bottles and serve water in the canteen and at breaktime to help remind everyone to drink plenty!

Set up a juicing station with a selection of fruit and/or vegetables for pupils to choose from. An adult can juice the fruit or vegetables. Ensure servings are only up to the recommended daily limit of 150ml of juice per day. This is a good opportunity for pupils to appreciate what 150ml looks like.



Remind pupils to bring a drink of water to school every day and sip this throughout the day.