

## Activity: Hydration

Themes: Health and wellbeing

Elements of dance: body

The human body is mostly made of water. Water carries blood to the brain and throughout the body and facilitates all functions. Even at a cellular level, the composition is approximately 15% protein, 3% lipids, 1% carbohydrates and 80% water. We lose water every day through respiration, perspiration, urination and excretion or during illness. This fluid must always be replaced. The amount of water an individual needs varies according to an individual's weight.

1. As a class, view the clip, *Collapse*, where Abigail collapses while performing a duet with Sammy. Discuss the function of water in the health of humans and animals.
2. Divide the class into pairs and ask each pair to research the following:
  - What percentage of the human body is water?
  - How much water do you need per day, per kilogram of body weight?
  - List 10 foods that have high levels of water.
  - List 10 foods, liquids or other items that dehydrate us.
3. Ask each pair to:
  - List activities they perform in a week where they need to be properly and adequately hydrated.
  - List the foods and liquids they consumed in the past 24 hours.
  - Place the items into the following four categories: (1) hydrating, (2) dehydrating, (3) neither, or (4) don't know.
4. Ask students to discuss their lists with their neighbouring pair and have each pair place the items from their "don't know" section into the hydrating, dehydrating or neither category.
5. As a class, discuss the results and have all students complete **Student Activity Sheet E12.6: Hydration Worksheet**.

## Download

- Student Activity Sheet E12.6: Hydration Worksheet

## Useful resources

- [Ausdance Factsheet 17, Eating disorders and dancers](#)
- [Ausdance Factsheet 19, Fuelling the dancer](#)
- [Ausdance Factsheet 12, Healthy bones for female dancers](#)
- [Hydration for Dancers, Dancetrain Magazine](#)
- International Association for Dance Medicine & Science – [Nutrition Fact Sheet: Fueling the Dancer](#)
- [Australian Institute of Sports Hydration Factsheet](#)
- [Aqua Balance – How much water do I need to drink](#)
- [My Net Diary – Water Requirements & Water Sources](#)

NAME: .....

Student Activity Sheet:  
Activity:

E12.6  
Hydration

Episode 12: Pressure  
Clip: Collapse

## Hydration Worksheet

Using the resources you have available to you, answer the following questions:

1. What percentage of the human body is water?  
Using the illustration below, colour in the percentage of the body to represent how much of the human body is made up of water.



2. How much water do you need per day, per kilogram of body weight?
3. List some foods that have high levels of water content.
4. List some foods, liquids or other items that dehydrate us

List the foods you ate in the past 24 hours in the table below, placing them in the relevant category.

Hydrating	Dehydrating	Neither	Don't know