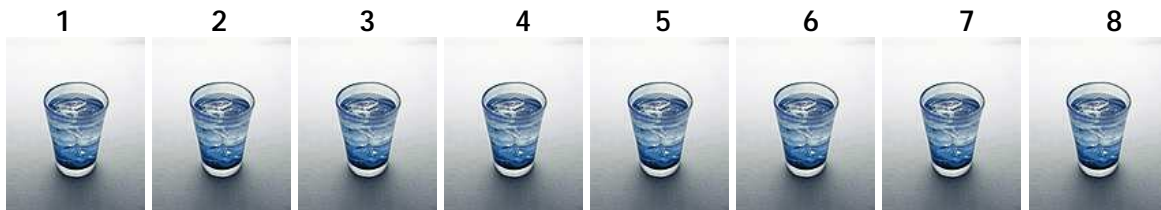


**Fact sheet 5**

**Drink plenty of water**

We need to have lots to drink so our bodies can work properly.

We need to have about 6-8 glasses of water or other drinks everyday.



Water is a great drink but lots of other drinks are good, too.



**Fresh apple, nectarine and mango juice**



**Fresh fruit smoothies**



**Milk**

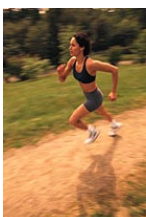
Have you tried all of these drinks?

Which of these drinks do you like?

Fizzy drinks are ok sometimes but it is best not to have them too often.

We need to have drinks all through the day. Count up the drinks you have had today.

How many more will you need to get up to 6 - 8 glasses?



When we do exercise or the weather is warm we need to drink more.