



WATER WITH A SLICE

TYPE OF ACTIVITY: Science

KEY CONCEPT: Drink water



OBJECTIVES:

- › Children will name drinking water as a way to keep their bodies healthy.
- › Children will explain that fruit slices give flavor to water.
- › Children will list different fruit slices they could add to water

MATERIALS:

- › Slices of various fruits (lemons, limes, oranges, grapefruit)
- › Whole fruits or pictures of fruits sampled
- › Small cups of water



PROCEDURE:

1. Talk about drinking water as a way to keep our bodies healthy. Ask children to describe what water tastes like.
2. Tell them that one way to change their drinking water is by flavoring it water with a slice of fruit. Show them the fruit slices that could flavor water. Have them identify the fruits.
3. Give each child a cup of water, and let him/her choose a fruit slice to squeeze into the water. Ask children to predict what the water will taste like with the fruit. Invite children to share how the water tastes after they've added fruit slices.
4. Repeat the activity with other fruits, if children desire. Suggested phrases:
 - a. *How does the lemon change how the water tastes? What about the orange? Are they different?*
 - b. *Which flavor do you like best? Why? I like the lemon-flavored water because it is a little tart.*

ADAPTATIONS/EXTENSIONS:

Science: Peel fruits together, and encourage children to explore the peels.