



Hydration: Electrolytes Lesson Plan

Audience: Students ages 9 years and older

General program objective: Participants will demonstrate an understanding of the importance of staying hydrated.

Specific program objective: Participants will identify the importance of and sources of electrolytes.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—ask the students what they know about electrolytes.
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students reflect on the information provided in the video
- 4) **Exit**—have the students list sources of electrolytes.

Length of time to complete: 10-15 minutes, depending on length and depth of conversation

Materials Required:

- Note paper and writing utensils
- Multi-media display (e.g. computer monitor, projector, or SmartScreen)
- Access to the internet and YouTube: <https://youtube.com/shorts/cKwMRP4ee-o>

Procedure:

- 1) Ask the students what they already know about electrolytes (they can write their thoughts, answer in small groups, or discuss as a class):
 - Who has heard of electrolytes before? Where did you hear about them?
 - What do you think electrolytes are?



- Do you think electrolytes might be important for the body?
 - Where do you think you get electrolytes from?
- 2) Introduce the short-form video and play for the students.
 - 3) Ask the students to reflect on the video (they can write their thoughts, answer in small groups, or discuss as a class):
 - What are electrolytes and why are they important?
 - How do electrolytes help the body function?
 - How can we ensure to get enough electrolytes?
 - How can a person lose electrolytes?
 - 4) Have the students brainstorm sources of electrolytes (individually or in small groups) and make a list for the whole class that includes suggestions from the each individual or group.
 - Note: Almost all foods contain at least some trace amounts of electrolytes with the exception mainly being distilled water.

Further enrichment:

Do a group knowledge test. Assign one side of the room as “True” and another as “False.” Have the students move their bodies to answer questions. Some sample questions are:

- Electrolytes are a type of vitamin. (False, they are minerals)
- Our bodies need electrolytes to function properly. (True)
- Fruits and vegetables are a good source of electrolytes. (True)
- Electrolytes are only important for athletes who sweat a lot. (False, they are important for everybody)
- Electrolytes help your heart to beat. (True)
- Electrolytes give you energy. (False, they primarily work in hydration and nerve function, and not directly with energy)
- You lose electrolytes when sick (vomiting and diarrhea). (True)
- Our bodies can function without electrolytes. (False, they are vital to being alive)
- Electrolytes help keep your body hydrated. (True)
- Electrolytes help your nerve carry messages. (True)