



Hydration: Hydration Hack Lesson Plan

Audience: Parents/Caregivers

General program objective: Participants will recognize the importance of hydration for children in their care.

Specific program objective: Participants will identify ways to hydrate a child after they have been sick.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—have the students write and/or discuss what children need when overcoming sickness.
- 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 brainstorm and list other beverages and snacks that are appropriate for child overcoming sickness.

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/a8nOSGWcYB4>
- Copies of nutrition labels for Pedialyte, a sports drink, and commercial apple juice
- Optional: water, salt, sugar, measuring cups, measuring spoons, tasting cups

Procedure:

- 1) Request students to write and/or discuss in small groups what children need



- when overcoming sicknesses like vomiting or diarrhea.
- 2) Ask the students these questions to help encourage understanding and discussion:
 - What does the body lose when experiencing vomiting or diarrhea?
 - Why is it important to ensure a sick person is hydrated?
 - What should you give as drink or food for a sick person when they are ready to eat?
 - 3) If the participants are unable to answer the questions above, offer some insights on the subject. Examples might include:
 - Vomit and diarrhea contains a lot of water; what does that do to a person after they've been sick for a while?
 - Do you remember a time when you were sick, what did you want to drink or eat first when you were feeling better?
 - What else might be lost from the body after vomiting and diarrhea besides just water?
 - 4) Introduce the short-form video and play for the students.
 - 5) Ask the students to identify and then compare and contrast what is present in the three nutrition labels (Pedialyte, sports drink, apple juice) that can help a person who has been sick to feel better (hint: all the nutrients play a role).
 - 6) Allow the students to compare insights in small groups:
 - Why did the helper suggest Pedialyte or a sports drink first?
 - Why did the helper suggest watering down and adding salt to the apple juice?
 - Why did the helper suggest a salty snack when reintroducing solid foods?
 - What questions do you still have?
 - Option to answer lingering questions.
 - 7) Have the students brainstorm (either individually or in small groups) a list of foods and drinks that are appropriate for a child overcoming sickness.
 - Note: Anything that a child is willing to consume and does not harm the health of the child is an acceptable option.

Further enrichment:

Have the student experiment with making their own rehydration drink using the following formula: 1-quart water, $\frac{3}{4}$ tsp salt, 6 tsp sugar. After the first taste test, let each individual discuss what would make it taste better for them.