

Video Lesson

Years	Duration
0-8	45 minutes

The wai in our kai

Class-based, video-led lesson

Your students will learn about:

- How water makes our bodies healthy
- Where drinking water comes from
- How water is used in the home
- How water is used in our food
- Why it is important to use water wisely

This is a video-led lesson for teachers and parents to run.

Book the lesson

To register interest please email education@water.co.nz

For more information visit watercare.co.nz/water-education

What you will need to provide for the lesson:

- Screen for watching the video

Per student:

- Game activity sheet

Per group:

- Paper and pens for brainstorming

Materials for the experiment:

- Celery
- Food colouring
- Water
- Jars

You may also like to download the following resources from watercare.co.nz/kids-stuff

- 20+ amazing water facts
- Learn about the water cycle
- Water-wise tips and tricks
- Download activity sheets and games

This is a guided activity with one of Watercare's own education co-ordinators.