

## Waterful Foods

More than two-thirds of our bodies are made up of water! That's why we need to drink a lot of water to stay healthy. We also get water from the foods we eat. Do you know how much water it takes to grow and produce the foods that we eat? Try this activity and find out!

### LEARNING GOALS

To appreciate the amount of water needed to grow and produce the foods we eat.

### BACKGROUND

Most people don't realize how much water we consume through the foods we eat. We drink plenty of water every day, but we also "eat" water that is contained in a variety of foods. It also takes a lot of water to grow and produce these foods. In this activity, students will discuss the amount of water needed to produce one serving of commonly eaten foods. Then they will use their math skills to perform computations and complete a chart.

### MATERIALS

- pencils
- copies of "Waterful Foods" activity sheet

### DIRECTIONS

1. Begin this activity by asking your students how much water they drink each day.
2. Ask students to raise their hands if they eat foods that contain water. All hands should go up because most foods contain water. Give examples of foods we eat that contain water: fruits, vegetables, juice, etc.
3. Explain to your students that all of the food we eat requires water in order to grow or be produced. Discuss how much water they think may be needed for various types of foods.
4. Distribute copies of the activity sheet. Read together the information about the water needed for each serving of the foods on the list.
5. Have students work in pairs or groups to complete the Waterful Puzzler. Discuss the results together.

### WATERFUL PUZZLER ANSWERS

<i>Water Needed for 10 Common Foods</i>				
Name of Food	Family Size			
	2 People	3 People	5 People	Your Family
Milk	130 gallons	195 gallons	325 gallons	
French Fries	12	18	30	
Lettuce	12	18	30	
Watermelon	200	300	500	
Chicken	816	1,224	2,040	
Hamburger	2,600	3,900	6,500	
Wheat Bread	30	45	75	
Almonds	24	36	60	
Tomatoes	6	9	15	
Rice	72	108	180	

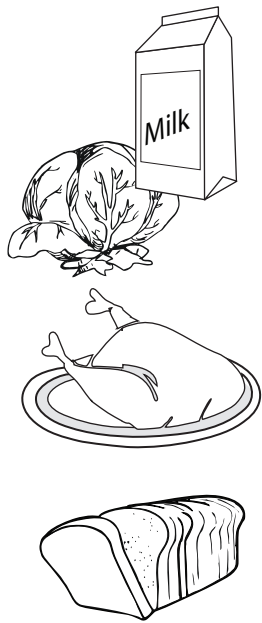
### EXTENSION

Have students make a list of the 10 common foods, beginning with the food that requires the least amount of water to produce to the most amount of water.

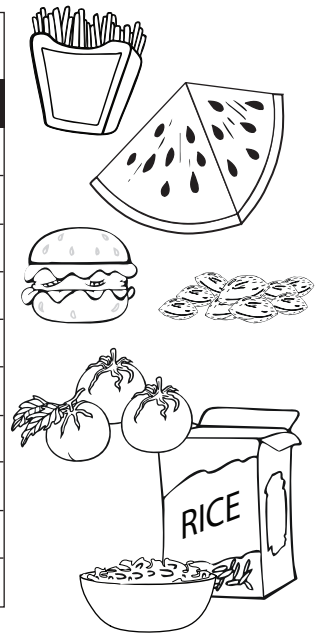
# Waterful Foods (page 2)

It takes a lot of water to grow or produce the food we eat. All plants and animals need water. Plants and crops may get their water from the clouds in the form of rain. Other water may come from hoses, water troughs and irrigation systems. Water is also used to prepare foods for market.

Do you know how much water is needed to make just one serving of the foods you eat? The chart below shows a list of 10 common foods and how much water it takes to make a single serving. The numbers will probably surprise you!



<b>Water Needed to Produce a Single Serving</b>	
<b>Name of Food</b>	<b>Amount of Water</b>
Milk	65 gallons
French Fries	6 gallons
Lettuce	6 gallons
Watermelon	100 gallons
Chicken	408 gallons
Hamburger	1,300 gallons
Wheat Bread	15 gallons
Almonds	12 gallons
Tomatoes	3 gallons
Rice	36 gallons



You know how much water it takes to make a single serving of each food. But most families are made up of more than one person. Try to decide how much water will be needed to make enough servings for different families. When you finish, these numbers will REALLY surprise you!

<b>Water Needed for 10 Common Foods</b>				
<b>Name of Food</b>	<b>Family Size</b>			
	<b>2 People</b>	<b>3 People</b>	<b>5 People</b>	<b>Your Family</b>
Milk				
French Fries				
Lettuce				
Watermelon				
Chicken				
Hamburger				
Wheat Bread				
Almonds				
Tomatoes				
Rice				