

The background features a collection of stylized food illustrations. At the top left are two brown, sesame-seeded pretzels. Next to them are two oranges, one whole and one sliced to show segments. Below the oranges is a whole brown kiwi and a cross-section of it showing its internal segments. To the right is a large green leaf with prominent veins. Further right is a whole orange carrot. In the center is a clear glass filled with blue liquid, representing water. Below the glass are two mushrooms, one small and one large. At the bottom right is a whole green bell pepper.

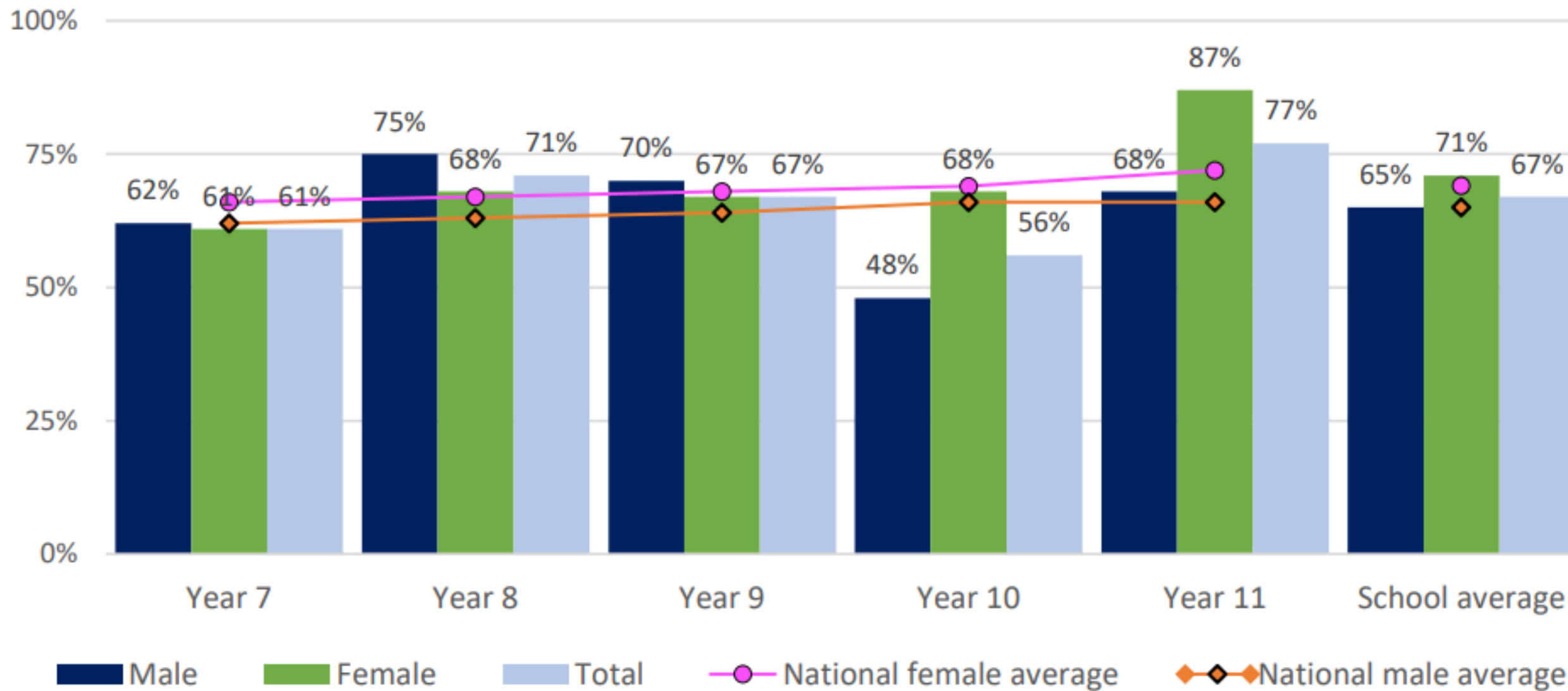
# **SHRN (School Health and Research Network)**

## **Students' Health and Wellbeing results 2021/22**

FOOD AND FITNESS RESULTS  
Drinking water BC

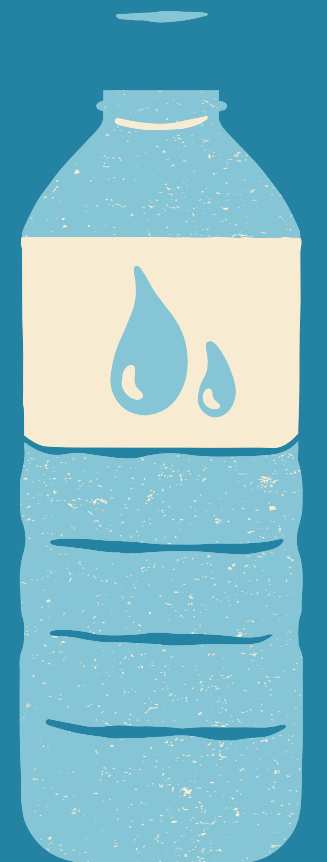
# Water

Fig. 3 Ysgol Calon Cymru, Builth Campus: Students who usually drink tap or bottled water once a day or more



Discussion points - Study the graph:

1. What does the graph show?
2. How do we compare to the National Average?
3. Why is drinking water so important for our health and wellbeing?





# Why is drinking water so important?



## Did you know?

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth. Plain tea, fruit tea and coffee (without added sugar) can also be healthy. If you do not like the taste of plain water, try sparkling water or add a slice of lemon or lime.

The Eatwell Guide for Wales recommends 6 to 8 glasses of water, lower fat milk or other sugar-free drinks a day



Water is, of course, essential for our survival, but early evidence suggests that hydration affects both mood and cognitive ability, including memory and attention!

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones