

Lesson Three Questionnaire - Advanced

Hydration

Name: _____ Date: _____

Statements about Water		Agree (mark with X)	Disagree (mark with X)	Support for opinion
I drink enough water every day.	Before the lesson			
	After the lesson			
I need the same amount of water every day to stay healthy.	Before the lesson			
	After the lesson			

Dehydration/Rehydration Worksheet

(Dehydration/Rehydration Formula taken from:

http://www.ibx.com/htdocs/custom/bsr/newsletter6/hydration_formula.html)

Dehydration/Rehydration Formula:

Body Weight/2 = number of ounces of water needed per day

ADD 8 ounces for every half hour of exercise

Helpful conversions:

- 1 gallon = 4 quarts = 128 ounces
- 1 Liter = 33.814 ounces
- Price per gallon for East Bay Municipal Utility District (EBMUD) tap water = \$0.003/gallon
- Typical bottled water volume = 0.5 Liter
- Typical bottled water (0.5 Liter) cost = \$1.50
- 1 Liter = 0.264 gallons

Character Scenario A:

Julia weighs 100 pounds. Today she walks her dog for 30 minutes. Tomorrow she will play basketball for an hour.

How much water will Julia need today? How much will that water cost if she drinks tap water? How much will that water cost if she drinks bottled water?

How much water will Julia need tomorrow? How much will that water cost if she drinks tap water? How much will that water cost if she drinks bottled water?

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Character Scenario B:

Jose weighs 184 pounds. He plays soccer for an hour after work. He walks to the park and home for a total of 30 minutes.

How much water does Jose need if he does no exercise? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?

How much additional water does Jose need today (since he exercised)? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?

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Character Scenario C:

Daniel weighs 124 pounds. Tomorrow, he plans to ride his bike to the supermarket (20 min.) then to his cousin's house (15 min.) and then home (15 min.).

How much water does Daniel need if he does no exercise? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?

How much water will Daniel need tomorrow? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?