

Kia Oho Ake

QUICK PRINT

Dehydration



15 MINUTES



GROUPS



SCISSORS

Learning objectives

- To identify when dehydration may have occurred
- To identify methods that can help me stay hydrated

Equipment

- Dehydration cards (1 set per group)
- A3 Pee colour chart – print in colour
- Clear cups with water
- Yellow and red food colouring

Note: Before class colour the water in the cups appropriately to match up to the Pee colour chart (from lightest to darkest).

Providing this learning experience

1. In small groups, or as a class, discuss which cup goes with which level of hydration on the *Pee colour chart*.
2. As a class, have a kōrero about what your pee can tell you about hydration. Possible prompts:
 - What does it mean to have a certain colour of pee?
 - What can change the colour of your pee?
 - What might it mean if you aren't peeing at all?
3. After that, in small groups ākonga can organise the *Dehydration cards* into what statements they think are true and false. They can then compare their choices with other groups.
4. To finish, share the answers as a class and discuss how this applies to their work and overall health.

The answers for the True and False activity are on the following page.

Note: If an onsite nurse is available, having them present to discuss with students the medical effects of dehydration would be helpful. They can expand on why the colour of pee changes the less hydrated they are and talk about short and long-term medical effects of dehydration.

Supporting resources: For students to do on devices



Te Kāwanatanga o Aotearoa
New Zealand Government

Dehydration solutions

These hydration facts are true:

Human adults are about 60% water	I should start the workday earlier to avoid working in hot weather	A headache can mean I am dehydrated
Chugging a bottle of water in one go will help dehydration*	I should have a mouthful of water every 15 minutes**	I might need more water than someone else in my crew
Dehydration can make a person feel tired and clumsy	I am more likely to injure myself if I am dehydrated	

These hydration facts are false:

The water in food is enough to keep me hydrated	It's better to wait until I am thirsty to drink water	Coconut water is better than water to stay hydrated
Sodas and coffee help me stay hydrated	Chugging a bottle of water in one go will help dehydration*	I can only get dehydrated if it is hot

* It is better to drink water regularly throughout the day than to chug a bottle when you are already thirsty.

** This is true, however it is impractical in most cases to drink every 15 minutes. It is a good indication of how you should be regularly drinking water to keep hydrated.

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Dehydration cards

The water in food is enough to keep me hydrated	Human adults are about 60% water	It's better to wait until I am thirsty to drink water
I should start the workday earlier to avoid working in hot weather	Coconut water is better than water to stay hydrated	Sodas and coffee help me stay hydrated
A headache can mean I am dehydrated	Chugging a bottle of water in one go will help dehydration	I should have a mouthful of water every 15 minutes
I might need more water than someone else in my crew	I can only get dehydrated if it is hot	Dehydration can make a person feel tired and clumsy
I am more likely to injure myself if I am dehydrated		

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Pee colour chart



VERY GOOD



GOOD



FAIR



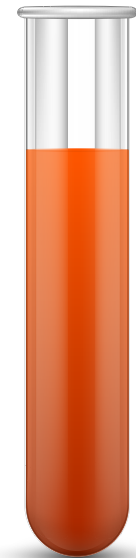
**LIGHTLY
DEHYDRATED**



DEHYDRATED



VERY DEHYDRATED



**SEVERELY
DEHYDRATED**