



Drink plenty ideas



Challenge pupils to pour out what they would consider to be a 'serving' of water (one that counts towards their 6-8 drinks a day). Instruct them to measure how much they have poured. Talk about guidelines for fluid intake (see the [Drink plenty challenge guide](#) for more information).



Provide pupils with a selection of vegetables (e.g. cucumber), herbs and fruit. Ask them to work in small groups and create water infusions using their chosen combination of vegetables, herbs and fruit. Arrange for the groups to taste each other's infusions and score them. Is there a clear favourite?



Plan to have water stations around the school during BNF Healthy Eating Week. You could have jugs of iced and/or infused water in your classroom for pupils to drink throughout the day. Pupils could be tasked with running water stations at break and lunchtimes.

Give pupils the opportunity to be 'hydration champions' whose job it is to promote healthy hydration at break and lunchtime.

Why not try the [BNF Drink plenty Kahoot interactive quiz](#)?

Pupils can design hydration posters to display around school as a reminder to everyone about staying hydrated. These can include when higher fluid intake may be required and information about the drinks which are the healthiest choices.

