

# Staying Hydrated Lesson Plan- Modified for Virtual Instruction

## TIME

15-30 minutes

## MATERIALS

Staying Hydrated lesson plan

Staying Hydrated virtual worksheet

Phone

## ESSENTIAL QUESTIONS

Why is it important to stay hydrated, especially when working in the sun?

*¿Por qué es importante mantenerte hidratado, especialmente cuando trabajas bajo el sol?*

What do you do to stay hydrated while you are working?

*¿Qué haces para mantenerte hidratado mientras trabajas?*

## OBJECTIVES

1. Participants will explain how to stay hydrated while working.
2. Participants will calculate the amount of water they need to drink each day to prevent dehydration.
3. Participants will explain the importance of using sunscreen when working in the sun.
4. Participants will describe symptoms from not drinking enough water.

## PHONE CALL

## TEXT/WHATSAPP

	PHONE CALL	TEXT/WHATSAPP
<b>INTRO</b>	<ul style="list-style-type: none"> <li>• Send a copy of the virtual worksheet to the student by text or Whatsapp message.</li> <li>• Call the student, and explain that you will be going through the worksheet with them over the phone.</li> <li>• Ask the student to put you on speakerphone so they can view the worksheet and listen to your voice at the same time.</li> <li>• Review the essential questions listed above, and discuss the student's answers to the questions.</li> </ul>	<ul style="list-style-type: none"> <li>• Send a copy of the virtual worksheet to the student by text or Whatsapp message.</li> <li>• Send a message to the student explaining that you will be going through the worksheet with them virtually.</li> <li>• Create a template for this introductory message that you can send with the virtual worksheet each time you deliver this lesson.</li> <li>• Text the student each of the essential questions listed above, and ask him/her to send you his/her answers.</li> </ul>
<b>READING</b>	<ul style="list-style-type: none"> <li>• Read the "Staying Hydrated" worksheet aloud. Depending on the student's English proficiency, choose the Spanish lesson, the English lesson, or both.</li> <li>• Ask guiding questions as you and the student read together.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask the student to read the "Staying Hydrated" worksheet in the language he/she feels comfortable with.</li> <li>• Ask the student to text you when he/she finishes reading. Then, text him/her some guiding questions to assess comprehension.</li> </ul>
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>• Complete the "How Much Water Should You Drink" activity while reading the lesson with the student. Encourage them to use their phone calculator for this activity.</li> <li>• Ask the student the questions listed at the end of the lesson.</li> <li>• Discuss the answers to each question.</li> </ul>	<ul style="list-style-type: none"> <li>• Review the "How Much Water Should You Drink" activity that the student completed while reading. Model how to calculate the answers if the student was unable to answer them correctly on his/her own.</li> <li>• Text the student the questions listed at the end of the lesson, and ask him/her to text you his/her answers.</li> </ul>
<b>WRAP-UP</b>	<ul style="list-style-type: none"> <li>• Review new vocabulary words learned.</li> <li>• Ask how the student will apply knowledge learned in this lesson to real-life situations.</li> </ul>	



# Staying Hydrated

## Words to remember!

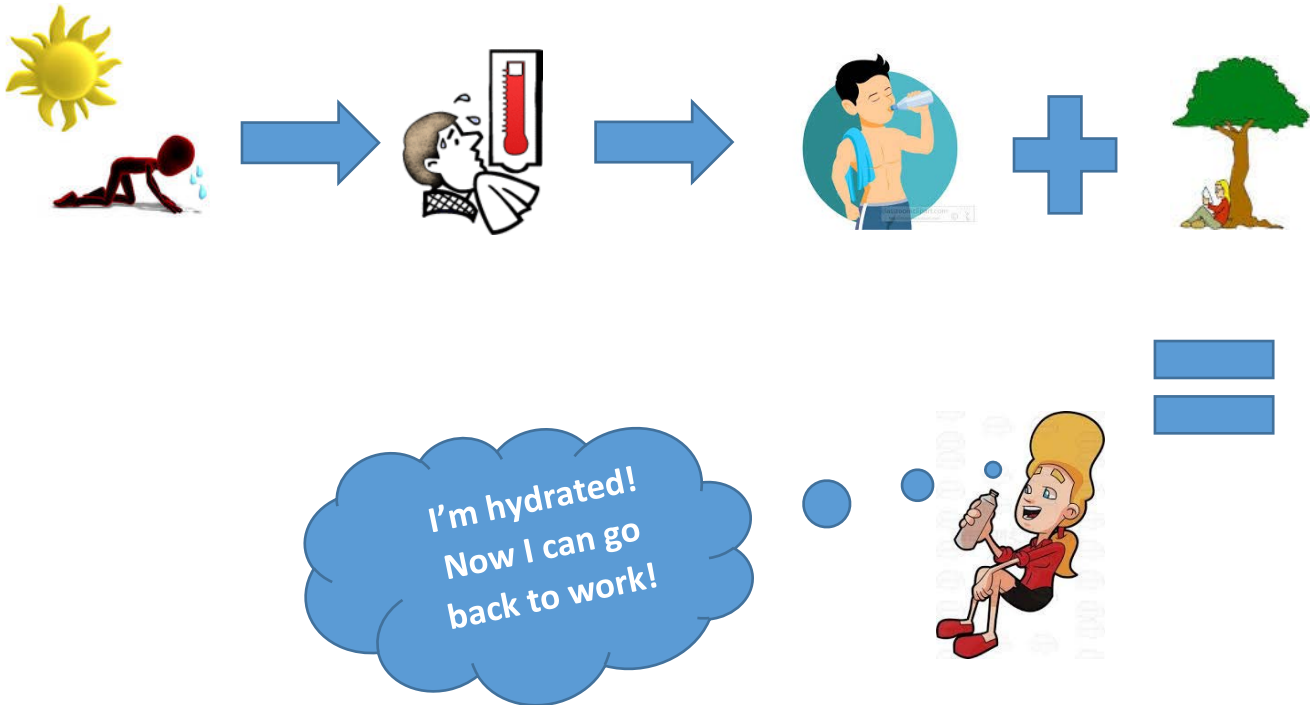
Hydration Water

Shade Heat Breaks

It is very important to stay hydrated, especially when you are working outside in the sun. If you do not drink enough water you will begin to feel sick. Common illnesses such as heat stroke, headaches and dehydration can develop due to a lack of water. **Before you leave for work, be sure that you have enough water with you!**

## Why do I need to drink water?

When you are working, your body begins to create heat. The temperature of your body begins to rise. As it rises, your body will produce sweat. You need to replace the water you lose through sweating by drinking water. You can also cool down your body temperature by splashing cool water on yourself. **It is important that you take breaks out of the sun and in the shade in order to cool down.**



## How much water should I drink?

Every day, you should drink at least eight cups of water. One cup is equal to 8 ounces (oz). Some doctors suggest to drink half your body weight in ounces.

**Example:** *If a person weighs 150 pounds, he/she should drink at least 75 ounces of water a day. (Just over nine 8oz cups of water.)*



### Fill in the blank: How many ounces should they drink?

A person weighs 180 pounds \_\_\_\_\_ A person weighs 130 pounds \_\_\_\_\_

A person weighs 100 pounds \_\_\_\_\_ A person weighs 240 pounds \_\_\_\_\_

## What are some symptoms of not drinking enough water?

If you do not drink enough water throughout the day or while working in the sun, you may experience some negative symptoms. Here are some of the symptoms you may experience:

- Headaches
- Dizziness
- Exhaustion
- Thirst
- Vomiting
- Cramps

All of these symptoms can lead to you missing work, going to the hospital, or can even lead to death.

## There is no substitute for water!

Your body is made up of over 60% water. Remember, your body needs you to replenish the water it loses when you sweat. Do not drink sodas or alcohol to replace these fluids. This can cause you to become more dehydrated.



## What else can I do to protect my body when I work in the sun?

In addition to drinking water and resting, it is also very important to protect your skin while you work outside. Exposure to the sun can cause your skin to burn or blister, which can be very painful. Even if your skin doesn't burn, being in the sun without protection can lead to skin cancer over time. It is important to use sunscreen with a sun protection factor (SPF) of 15 or higher. The SPF number tells you how well the sunscreen will protect your skin from the sun's harmful ultraviolet (UV) rays.



### Activity

1. Why is it important to drink enough water?

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2. How much water should you drink every day?

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3. What should you do when you start to sweat?

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4. What symptoms are caused by not drinking enough water?

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5. What is the minimum sun protection factor (SPF) your sunscreen should have?

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# Mantenerse Hidratado

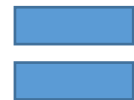
**¡Palabras a recordar!**

Hidratación Agua  
Sombra Calor  
Descansos

Es muy importante mantenerse hidratado, especialmente cuando se trabaja bajo el sol. Si no tomas suficiente agua empezarás a sentirte mal. Las enfermedades comunes como la insolación, dolores de cabeza, y la deshidratación se pueden presentar debido a la falta de agua. **Antes de salir a trabajar, ¡asegúrate de llevar suficiente agua contigo!**

## ¿Por qué necesito tomar agua?

Cuando trabajas, tu cuerpo empieza a generar calor. La temperatura de tu cuerpo se empieza a elevar. Al elevarse, tu cuerpo empieza a producir sudor. Necesitas reponer el agua que pierdes con la sudoración tomando agua. También puedes reducir el calor en tu cuerpo regando agua fresca por tu cuerpo. **Es muy importante que tomes descansos al trabajar bajo el sol y te pongas a la sombra para refrescarte.**



## ¿Cuánta agua debo tomar?

Cada día, debes tomar al menos 8 vasos de agua. Un vaso es igual a 8 onzas (oz). Algunos doctores sugieren tomar la mitad del peso de tu cuerpo en onzas.



**Ejemplo:** si una persona pesa 150 libras, él/ella debe tomar al menos 75 onzas de agua al día. (Un poco más de nueve vasos de 8 oz de agua.)

### Llena los espacios en blanco: ¿Cuántas onzas deben ellos tomar?

Una persona pesa 180 libras \_\_\_\_\_ Una persona pesa 130 libras \_\_\_\_\_

Una persona pesa 100 libras \_\_\_\_\_ Una persona pesa 240 libras \_\_\_\_\_

## ¿Cuáles son los síntomas de no tomar suficiente agua?

Si no tomas suficiente agua durante el día o mientras trabajas bajo el sol, podrías presentar algunos síntomas negativos. Estos son algunos de los síntomas que puedes presentar:

- Dolores de cabeza
- Mareos
- Agotamiento
- Sed
- Vómito
- Calambres

Todos estos síntomas pueden llevarte a perder tu trabajo, a ser hospitalizado, e incluso llevarte a la muerte.

## ¡No hay sustituto para el agua!

Tu cuerpo está formado de más de un 60% de agua. Recuerda, tu cuerpo necesita reponer el agua que pierdes al sudar. No tomes refrescos o alcohol para reemplazar los fluidos que pierdes. Esto te puede llevar a deshidratarte aún más.



## ¿Qué más puedo hacer para proteger mi cuerpo cuando trabajo bajo el sol?

Además de tomar agua y descansar, es también muy importante que protejas tu piel cuando trabajes afuera. La exposición al sol puede originar que tu piel se queme o que se le formen ampollas, lo que puede ser muy doloroso. Aunque tu piel no se queme, estar bajo el sol sin protección puede originar cáncer de piel con el tiempo. Es importante utilizar un protector solar con un factor de protección al sol (SPF, por sus siglas en inglés) de 15 o más alto. El número SPF te indica el tiempo que puedes exponer la piel al sol poniendo el protector solar sin quemarte por los dañinos rayos ultravioleta (UV).



### Actividad

1. ¿Por qué es importante tomar suficiente agua?

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2. ¿Cuánta agua debes tomar al día?

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3. ¿Qué debes hacer cuando empiezas a sudar?

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4. ¿Qué síntomas se presentan cuando no tomas suficiente agua?

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5. ¿Cuál es el factor de protección solar (SPF) mínimo que debe tener tu protector solar?

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