



Nutrition

Hydration

Lesson 1

Become an expert at understanding the best ways to keep children, adults and older adults with poor appetites hydrated





Learning objectives

- Define hydration
- Explain the functions of water in the body
- Describe how water is lost from the body
- State what dehydration means
- Identify the symptoms of dehydration
- Summarise the reasons which can make dehydration more likely to occur
- Define overhydration





Learning objectives

- Give examples of the drinks which give the body fluid and list their positive and negative characteristics
- Recognise the amount of fluid required by the body
- Identify factors which affect the amount of fluid required by the body
- Describe what drinks are best for hydration of children
- Summarise the amount of fluid recommended for children
- Explain what drinks are best for hydration of older adults with poor appetites





**Hydration is
to ensure
the body
has enough
water.**





Water is an essential part of the human diet. People need water to survive and having the correct amount of water will help to have a healthy life.





The human body weight is mostly made up of water. Approximately 55% of body weight in females is water and 60% of body weight in males is water.





Water has many important functions in the body, such as:

- Regulating body temperature
- Lubricates joints and acts as a shock absorber for joints
- Flushes out waste products
- Helps to prevent constipation
- Carries nutrients, compounds and oxygen in the blood
- Helps dissolve nutrients and minerals so they can be used by the body
- Provides protection for organs and tissues
- Moistens the tissues of the body such as eyes, nose and mouth



There are many ways in which you can lose water from the body. Losses can occur through sweating, urinating, defecation and breathing.





Sweating – if the body is in a hot environment, it will try to keep the temperature of the body constant by evaporating small amounts of water through the skin.





Urinating – the kidneys use water to help remove waste out of the body via the bladder and urethra.





Defecation – a small amount of water is found in faeces this allows it to pass through the bowels.





Breathing – water droplets are lost into the air when breathed out of the body.





**When the body
doesn't have
enough water it
becomes
dehydrated.**





To prevent dehydration you must consume fluids from food and drink regularly to replace any lost by the body.





If enough fluid is not consumed over a period of time then dehydration will occur, this can have an affect on the mental and physical function of the body.





Dehydration symptoms:

- Headache
- Dry mouth, lips and eyes
- Poor concentration
- Dizzy
- Dark urine colour
- Feeling thirsty
- Strong smelling urine
- Peeing less than 4 times a day





When the body is thirsty it is already mildly dehydrated so drinking should happen before the feeling of thirst occurs.





When the body is severely dehydrated the colour of urine turns dark and becomes strong smelling. This is because the kidneys stop too much water being lost in urine. Hydrated urine will be a pale yellow colour.





Dehydration is more likely to occur during:

- Diabetes
- Vomiting and diarrhoea
- Heatstroke
- Consumed too much alcohol
- Sweating after intense exercise
- Temperatures of 38°C or more
- Taking diuretic medicines (make the body pee more)





**Too much water
can have an
affect on the
body, this is
known as
overhydration
and is very rare.**





Overhydration can cause problems, the kidneys cannot get rid of the excess fluids and this causes sodium levels in the body to become very low leading to severe problems.





Revision Activity 1

**Name three symptoms
of dehydration?**