
OLIVE DINING

NUTRITION & HYDRATION WEEK

March 2022

IN THE ISSUE

The Importance of Keeping Hydrated

Top Tips

Flavour Ideas

Did you know?

A glass of water with breakfast will help set your child up for a productive day in the classroom.



OLIVE DINING

NUTRITION & HYDRATION WEEK

March 2022

The Importance of Keeping Hydrated

Children don't recognise thirst like adults do.

Having enough fluid at school is important and that children drink frequently throughout the day.

Sending your child to school with a water bottle can be a good way to encourage them to drink more. There is some evidence that children who drink extra water perform better in attention and memory tests.

Hydration has also been linked with energy levels and physical endurance, as well as playing a key part for a balanced mood and your child's wider health.



THE OLIVE WATER STOP

Olive Dining have a range of infused water available

The offer varies from Cucumber & Mint to Citrus Bursts for our students to keep hydrated throughout the day.

- Lemon, Lime and Orange
- Green Tea, Mint and Lime
- Watermelon and Cucumber
- Strawberry, Kiwi and Mint
- Cucumber, Lemon and Lime

OLIVE DINING

NUTRITION & HYDRATION WEEK

March 2022

Did You Know?

Approximately two-thirds of the human body is made of water?

This is essential to transport nutrients to cells, regulate body temperature, digest food, flush out toxins and maintain healthy joints.

Tiredness can be one of the first signs of dehydration, so before your child's bedtime we recommend they are properly refreshed for the next day ahead. You certainly don't want something as preventable as dehydration putting a spanner in the works! This associated tiredness will further impair your child's attention span, memory and motor skills, all of which will negatively impact upon their academic progress at school. Even mild dehydration (1-3% of body weight) can impair many aspects of your child's brain function.

In the morning, an act as simple as drinking a glass of water will boost your child's productivity and help them to concentrate and feel revitalised throughout the school day.

Recent studies have found evidence to demonstrate a link between water consumption and academic achievement. One study of 447 students from the universities of East London and Westminster, found those who entered the exam hall with water, scored an average of 5% higher than those without. This suggests that H₂O promotes clearer thinking, and helps alleviate anxiety in stressful situations (the action of sipping of water allows you time to stop, take a breather and settle your nerves too!).

Encourage your child to make the most of drinking stations at school to keep them mentally focussed in class, and educate them on the importance of adequate hydration.

As an adult it is within our nature to keep ourselves hydrated, but it is a different story for children who often get wrapped up in an activity or task and forget to drink!



NUTRITION & HYDRATION WEEK

March 2022

Top Tips

How much water does my child need?

The amount your child needs will vary depending on their age, size and level of activity.

For children under 8 years of age, at least 4-6 glasses of water is recommended.

For children older than 8 years of age a minimum of 6-8 glasses is recommended. If your child is playing sports or is very active they will need extra fluid.

Tips to help your kids stay hydrated!

Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.

Encourage your child to drink water before, after and during physical activity. Always offer water with meals and snacks and encourage your child to drink water, even if they don't like it!

Tips for kids who don't like water!

Try adding slices of fruits such as lemon or orange to water, for variety and flavour.

Let your kids choose their own drink bottle or serve water in colourful glasses or jugs.

Experiment with temperature; try having a jug of water in the fridge, adding ice-cubes, or even warm water in winter.

How do I know if my child is hydrated?

Frequent bathroom breaks or wet nappies are the easiest way to tell if your child is hydrated. You can also look out for these common symptoms of dehydration:

Headaches, Poor Concentration, Thirst, Cracked Lips, Dry Mouth, Constipation, Lethargy, Dark urine

OLIVE DINING

NUTRITION & HYDRATION WEEK

March 2022

Flavour Ideas



Lemons

Adding a slice of lemon to your water delivers flavour and key nutrients to your body.

The juice in these acidic fruits stimulates liver function, strengthens veins and fights high blood pressure.

Citric acid and vitamin C can help boost your immune system. To add more flavour twist limes, grapefruits, and oranges which also have similar benefits.



Cucumbers

Cucumbers add a little freshness to your water especially as the weather gets hotter. Cucumber slices have a slightly lower temperature to naturally cool down whatever drink you put them in.

Cucumber water celebrates benefits for anti-inflammatory, antioxidant and anti-cancer properties.

Peeling the cucumber before adding it to your water gives it a sweeter flavour and removes any toxins from the outer surface.



Mint

Mint leaves add flavour and nutrition to your water.

These leaves ease digestive troubles and can even help with colitis and irritable bowel syndrome. They're also rich in vitamins and minerals.

For faster flavour infusion crush the leaves.