



# Kids in Nutrition

Encouraging the younger generation to  
lead healthier, more sustainable lives!

**Weekly Newsletter**  
**[kidsinnutrition.org](http://kidsinnutrition.org)**

**Email us at [info@kidsinnutrition.org](mailto:info@kidsinnutrition.org)!**



# What is Kids in Nutrition (KIN)?

Kids in Nutrition is a non-profit volunteer organization that aims to connect college and elementary school students through interactive nutrition education. Founded in 2014 by three UCSB students, KIN has since taught over 3,000 elementary students and has grown to over 600 student volunteers across four chapters.

In an effort to educate and inspire the younger generation to lead active and healthy lives, KIN's educational approach is to establish a personal student-to-student small group dynamic in every classroom. The curriculum consists of a unique seven-week interactive lesson plan, covering a variety of topics from the importance of water to the value of moderation. This year, we have adapted our lessons to online formats.



## Our Mission



Cardiovascular disease, obesity, diabetes, and other nutrition-related diseases are on the rise in the U.S.<sup>1, 2, 3</sup> The U.S. spends a tremendous amount of money every year on combating these partially preventable diseases.<sup>4</sup>



The future generation of Americans can improve their health by developing smart eating habits at a young age. Research done by the American Diabetes Association provides evidence that “promoting and establishing healthy behaviors for younger people are more effective, and often easier, than efforts to change unhealthy behaviors already established in adult populations.”<sup>5</sup>

We aim to not only teach kids *how* to make better food choices but also help them learn *why* they are making those choices. Learning the “*why*” is essential for kids to be aware of the issues associated with harmful food consumption and to be motivated to maintain a healthy lifestyle.

<sup>1</sup><https://www.medicalnewstoday.com/articles/324351#Hypertension-and-cardiovascular-risk>

<sup>2</sup><https://www.cdc.gov/obesity/data/adult.html>

<sup>3</sup><https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

<sup>4</sup><https://www.cdc.gov/chronicdisease/about/costs/index.htm>

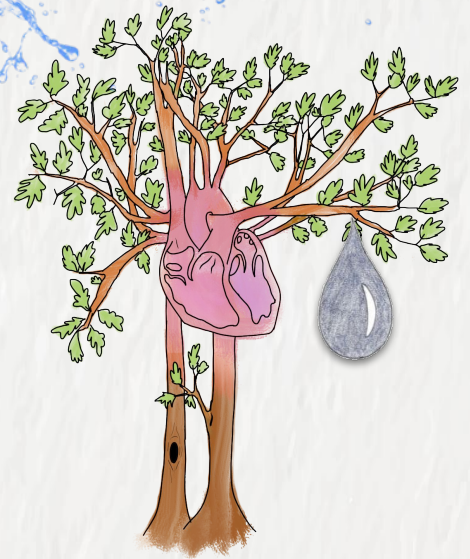
<sup>5</sup>[http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_308679.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_308679.pdf)

# Week 1: Water

Without water, humans would only be able to survive for 3-5 days. Water helps regulate body temperature through sweating, removes wastes through urination and defecation, aids in digestion, and acts as a carrier to distribute essential nutrients to cells throughout the body. Although one's daily intake of water depends on their level of activity, how hot the weather is, and other factors, children ages 4-8 should aim to consume at least 7 cups of water every day.

## Lesson Objectives:

- Explain the benefits of staying hydrated.
- Explain the negative consequences of not drinking enough water.
- Explain the importance of sodium and the consequences of high consumption (dehydration).
- Explain the negative consequences of dehydration.
- Describe ways to drink water throughout the day.



**KTN's**  
**Healthy Heart Tree**



**65%**  
of your body is  
made of water!

## Dehydration

Dehydration occurs when your body does not have as much water as it needs to function properly. Symptoms of dehydration include feeling very thirsty or tired, having a dry mouth or dark-colored urine, dizziness, headaches, and muscle weakness. It is important to stay hydrated to ensure our body can perform at its best.

## How can I stay hydrated?

Keep a reusable water bottle near you and drink water throughout the day. If you do not like the taste of plain water, try adding slices of lemon or cucumbers to it! In your snacks or meals, eat foods that are high in water content, such as strawberries, watermelon, tomatoes, and lettuce.



## Sodium

Sodium, or salt, plays an important role in regulating blood pressure and fluid levels. Consuming too much sodium may raise blood pressure and cause fluid retention. Beware of high-sodium foods such as cured meats like bacon and cold cuts, canned entrees like ravioli and soup, and frozen dinners like packaged pizza.

## Weekly Challenge!

Drink at least 7 cups of water every day! As a bonus challenge, compare the sodium content of two similar items in your pantry, and decide which one has less sodium and is the healthier option.

# Week 1 Recipe: Infused Water

**Prep time:** 5 mins

**Servings:** 4



## Ingredients



- 5 cups water
- 1 cup ice cubes (optional)
- ½ cup strawberries, stemmed and sliced (or other fruit pieces)
- 5 large fresh basil leaves, torn
- 1 lemon, thinly sliced



## Instructions



1. Place strawberries, basil leaves, and lemon slices in a large pitcher.
2. Add ice (optional) and fill container with water.
3. Enjoy!