



## Become a reporter and lead the investigation

### Information is precious

**Issue:** arouse the child's curiosity and proactivity about hydration questions. Seek information and opinions, compare and cross-check them to produce a little investigation to present as an audio document. Simply for the pleasure of playing at being a reporter or for a fun school activity, as an original kind of presentation.



First listen to the short programme on the website. It's an example of a report, where the person being interviewed is making it quite hard for the interviewer...

Do you think you could do better than the adult? Take on the role of a reporter and lead the investigation in the field!

To record your interviews, you'll need a little recording device. Ask your parents.

They're easy to find on mobile phones for example. Now it's you who ask the questions! To your family, your friends, at school, in the street, etc. You can base your questions on those written on the interviews cards below and you are free to invent your own. Choose your topic, ask several people, compare the answers, sometimes funny, sometimes off track, sometime very knowledgeable, etc.



You can then create your own audio report,  
like a real radio or a podcast!

What will you call  
your programme?



RELATIONSHIP  
WITH WATER

Do you like  
drinking water?

Do you know how many glasses  
of water you drink every day?



RELATIONSHIP  
WITH WATER

Do you think you drink  
enough water?

What's your opinion about  
what water tastes like?



RELATIONSHIP  
WITH WATER

Do you have any  
favourite water?

Do you think that drinking  
water can be entertaining?  
If yes, how?





**Become a reporter  
and lead the investigation**

**WATER  
AND HEALTH**

**What's thirst?**



It's a feeling. Your body is telling you you are lacking water. It's a warning message which means that you may be dehydrated.

**WATER  
AND HEALTH**

**Do you know why water  
is a better source of hydration  
than fruit juice or sodas?**



Because water's natural and doesn't contain any sugar. You should try not to have too much sugar.

**WATER  
AND HEALTH**

**Do you know how much  
water there is in your body?**



You can't see it, but more than half your body is made up of water! 60% to be precise. There more of less water in different parts of your body. For example a lot in your heart (80%) and less in your bones (20%).

**WATER  
AND HEALTH**

**Can you give 6 examples  
of the benefits of water for your body?**



- Healthy body, you are fit and lively
- Better physical performance for sport
- Good concentration
- Good memory
- Regulation of your body temperature, to cool it down or warm it up
- The kidneys work properly, cleaning the inside of your body

**WATER  
AND HEALTH**

**Do you wait until you're thirsty  
before drinking water?**



Most people do... But in fact you should drink some water before feeling thirsty. This is the right reflex to adopt!

**WATER  
AND HEALTH**

**In your opinion,  
why should you drink water  
throughout the day?**



Your body loses water through sweat, breathing, natural functions (wee and poo). Drinking replaces this water to remain hydrated. Water is essential for a healthy body.





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**WATER  
AND THE ENVIRONMENT**



**Do you have any suggestions  
for not wasting water?**

Here are a few – turn off the tap after you use it and while you brush your teeth. Water a plant with any glass of water you don't finish.

**WATER  
AND THE ENVIRONMENT**



**Can you name an animal which  
doesn't have any water in its body?**

Impossible, it's a trick question! Water is part of every living thing, all animals, and all plants contain water.

**WATER  
AND THE ENVIRONMENT**



**Do you know how water  
gets to the tap?**

Everywhere, water evaporates and forms clouds. The rain falls and the water soaks into the earth and is enriched by lots of minerals depending on the location; the water is then pumped into treatment plants to make it drinkable and transported in pipes until it gets to the tap.

**WATER  
AND THE ENVIRONMENT**



**What is drinking  
water?**

It's water you can drink in large quantities. Sea water isn't drinking water as it's much too salty! Water found in nature is often not drinkable, because it is polluted and has to be treated. In lots of places, tap water isn't drinking water.





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**THE  
TOILET**



**Do you feel embarrassed  
when you ask  
to go to the toilet?**

It's often the case... But you shouldn't feel embarrassed, it's perfectly normal and natural, and it's never a waste of time!

**THE  
TOILET**



**What could be improved  
in the toilet  
you normally use?**

**THE  
TOILET**



**Do you go to  
the toilet easily?**

**THE  
TOILET**



**Should you wait before  
going to the toilet?**

It's important to go to the toilet when you feel the need. It's natural and good for the body to relieve yourself. You can wait, but not all the time!

