

Healthy Body - '5 Reasons to drink more water' page 24

HEALTHY VIBE

HEALTHY BODY

All shook up

We shine the spotlight on protein shakes. Are they muscle builders or unnecessary bank-account burners?

WALK INTO ANY GYM IN THE COUNTRY AND YOU'RE BOUND TO SEE A FRIDGE STACKED TO THE HILT WITH PROTEIN PRODUCTS, OR SHELVES WITH THE LATEST TUBS OF MUSCLE-BUILDING PROTEIN POWDER. MORE PRECISELY, THE PROTEIN IN QUESTION IS WHEY PROTEIN, SEEMINGLY THE MOST TREASURED SUBSTANCE IN WEIGHT LIFTING.

So why are so many gym goers clamouring to consume so much protein? After all, it certainly doesn't come cheap. The thinking behind protein products comes down to the role that protein plays in the body, or more specifically, in building and repairing muscles.

Our bodies use protein to repair and form new cells, and our muscle tissue is made up of protein. When you lift weights, your body requires protein to repair the damaged tissue, which makes your muscles larger.

However, protein doesn't store up in our bodies, which means weight lifters in particular require a diet rich in protein so they can continue building up their muscles. And that's where the shakes come in. Weight lifters eat and drink protein powder to keep their bodies' protein stores high to give them the greatest chance possible of building and repairing muscle.

That all makes pretty good sense, but things can start to go pear-shaped when

people go overboard with their protein. Remember that your body isn't great at storing protein, which means any excess protein you consume will simply be passed the next time you go to the toilet. Not being aware of how much protein you're already consuming in your diet, then going out and spending money on protein powder means you may end up with the exact same muscle gain but some extra expensive bodily waste.

Over-consuming protein powder and shakes can also put undue stress on your liver.

While we don't deny that protein shakes and supplements improve your muscle gain, the extent of that gain comes down to personal experience and opinion.

Overall, the most important fact to point out is that you can attain adequate levels of protein in your body suitable for lifting weights and building muscle simply by making some adjustments to your diet and gaining your protein from natural everyday foods (see below), like you would if you were following a healthy, balanced diet.

This leaves protein shakes and powders to be used purely as they should: as supplements for when you miss a meal or haven't been eating much protein elsewhere... something to think about before you drop another \$40 on that tub of vanilla Musashi.

foods high in protein

Red meat, chicken, salmon, eggs, yoghurt, milk, nuts and seeds.



1. Lose weight

Replace sugary drinks with water, and watch those calories burn. It's amazing how such a simple and easy adjustment can make a huge impact on your weight-loss goals. Often when we think we're hungry, we're just thirsty, and water has zero fat, zero calories, zero carbs and zero sugar. No wonder it's so good.

2. Keep your heart strong

Hydration is essential in helping to prevent your arteries from getting clogged up, so regularly drinking water lessens your chances of heart attack or stroke.

3. Increase your energy

Feeling tired, lethargic and tired can often come down to simply being dehydrated from not drinking enough water. Often when we think we're sick, we just need some water! If you're thirsty, you are already dehydrated, which can lead to fatigue, muscle weakness, headaches, dizziness and other symptoms. Drink up to keep your energy levels high, especially if you're training or working out.

4. Look deadly

Did you know that drinking water makes your skin look better? Drinking water can clear up your skin, giving it a healthy glow – it's kind of like moisturising from the inside. Just a week of drinking a good amount of water can have visible effects on your skin.

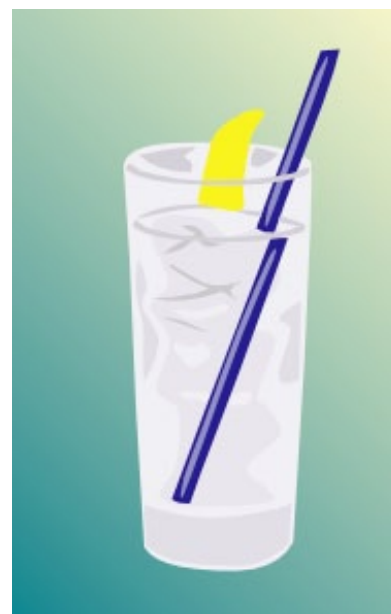
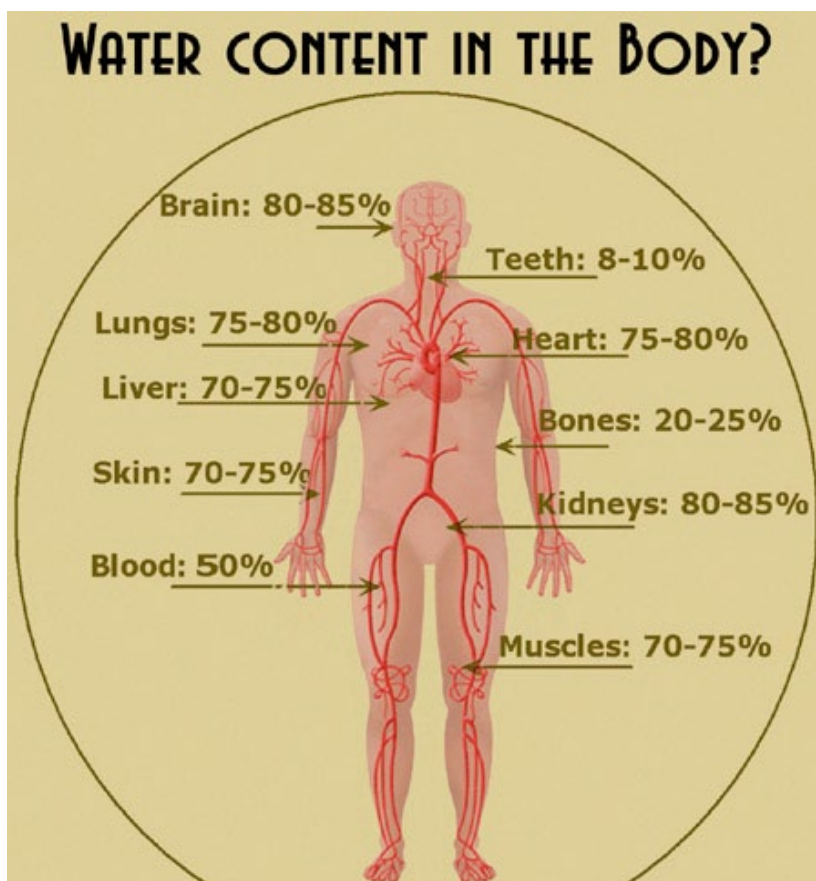
5. Flush toxins and stay well

Our bodies use water to help flush out toxins and waste products – the bad leftover stuff we don't need. Drinking more water helps you flush out those nasties more effectively, making you healthier in the process. It will also help you digest foods more easily, which is essential to your overall digestive health and reduces the risk of several cancers and other diseases.



Did you know that the whole human body is 60 – 70% water?

No wonder we need to drink more water to function well all day!



READ 5 Reasons to drink more water on page 24

ACTIVITY 1 BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

Literal The answer is located in one sentence in the text.

Inferred You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Applied The answer is in your background knowledge, what you already know or feel.



Shade one bubble.

1. The text says that we need to drink more water to (inferred)
 - ☐ gain weight
 - ☐ weaken your heart
 - ☐ decrease your energy
 - ☐ flush toxins out of your body

2. Which of these is **not** true? (inferred)
 - ☐ Water has zero fat
 - ☐ Water has zero calories
 - ☐ Water is 70% carbs
 - ☐ Water has zero sugar

3. *Drinking water can clear up your skin, giving it a healthy glow - like moisturising from the inside.*
 What does the dash (-) show about the two ideas in this sentence? (inferred)
 - ☐ The first idea is the opposite of the second idea
 - ☐ The first idea is more important than the second idea
 - ☐ The second happened just after the first idea
 - ☐ The second idea helps to expand on the first idea

4. According to the text, what is one reason for feeling tired and lethargic? (inferred)
 - ☐ drinking too much water
 - ☐ being dehydrated
 - ☐ not training enough
 - ☐ not eating enough sugar

5. The way this text is written leads the reader to
 - ☐ want to drink less water
 - ☐ think about health problems that come from drinking too much soft drink
 - ☐ exercise more
 - ☐ understand why we need to drink more water every day (applied)



ACTIVITY 2 LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. There are five reasons to drink more water.

2. We can replase sugary drinks.

3. We often think we are hungery when we are really thirsty.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. Drinking more water can make us feel beter.

2. Drinking soft drinks can make us feel thirstyer.

3. Drinking more water can make us healthyer.



ACTIVITY 3 LANGUAGE CONVENTIONS - GRAMMAR

Which word correctly completes these sentences? Shade one bubble.

1. Which word correctly completes the sentence?

We should avoid _____ drinks.

- ☐ fizz
- ☐ fizzy
- ☐ fizzier
- ☐ fizzes

2. Which words correctly complete this sentence?

Billie plays a lot of sport ☐ means she sweats a lot, ☐ she drinks more water.

- ☐ which so
- ☐ what why
- ☐ which because
- ☐ what whether

3. Which words correctly complete the second sentence?

Carole went to the gym yesterday. She _____ again today but it was closed.

- ☐ was thinking about going
- ☐ were thinking about going
- ☐ is thinking on going
- ☐ are thinking on going



ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Shade one bubble.

1. Some commas (,) have been left out of this sentence. Which sentence has the commas in the correct place?

- ☐ Water has zero fat, zero calories, zero carbs and zero sugar.
- ☐ Water has zero, fat, zero, calories, zero, carbs and zero sugar.
- ☐ Water, has zero fat zero calories zero carbs and zero, sugar.
- ☐ Water has zero fat zero calories zero carbs and, zero sugar.

2. Which sentence has the apostrophe (') in the correct place?

- ☐ Our bodie's need more water.
- ☐ We do'nt think about how much sugar is in soft drinks.
- ☐ If you're thirsty, you are already dehydrated.
- ☐ Theres' a lot of extra sugar in soft drinks.

3. Each of these sentences has the final punctuation missing.

In which sentence is a question mark (?) needed?

- ☐ I'm trying to increase the amount of water I drink
- ☐ Will you try to increase the amount of water you drink
- ☐ Mum asked if I would try to increase the amount of water I drink
- ☐ Mum will tell us to drink more water



ACTIVITY 5 WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social Purpose	Stages	Phases
Exposition	Argues one point of view about an issue	Thesis Arguments Restatement	Preview Evidence Statistics Quotes Examples Elaborations Review Conclusions

What are some reasons to increase the amount of water we drink daily?

Write an EXPOSITION to argue your suggestions.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing
- choose your arguments carefully
- give reasons for your arguments
- give examples to support your arguments
- write in sentences
- pay attention to your spelling and punctuation
- use a new paragraph for each new idea
- choose your words carefully to convince a reader of your opinions
- check and edit your writing so that it is clear for a reader.