

## Hydration Activity

Create a water-infusion bar with various fruits and vegetables. Have the students make their own combination of infused water. They can taste test different options and find one they like best.

### Resources needed:

- Water
- Cups
- Fresh Fruit
  - o Watermelon
  - o Pineapple
  - o Berries
  - o Lemon
  - o Lime
  - o Oranges
- Mint
- Cucumber

Helpful Hint: Allowing the water to sit in the fresh fruit for a longer period of time will allow more flavor. Try to do this activity at the beginning of the class and taste at the end of the class.