

# Hydration Station Data Sheet



## Purpose

The purpose of this Culinary Lab is to teach children about the role of electrolytes in hydration. By demonstrating fresh juicing through a cold press juice machine, children will learn how to make a perfectly balanced juice drink and that doing so yourself is fun, easy and more beneficial than a sugary store-bought sports drink. After this Culinary Lab, children 3 - 5 children will be able to:

- Name the 4 main electrolytes
- Explain what they do in the body
- Understand how to get electrolytes naturally
- Know which specific foods have specific electrolytes

Children ages 1 -2 will be able to:

- See how fresh juice comes from fruit and vegetables
- Mix fresh fruit juice with water

## This packet includes:

- Module description for teachers to follow & class prep sheet
- Hydration Station Flyer to email to parents and hang on bulletin board
- 5x7 Hydration Recipe Card that can be placed in child's lunch box to take home
- 8x11 Electrolyte posters that can be laminated & hung in lunchroom
- Shopping list + Recipes

## Shopping List

- Cold press Juice Machine. [Here is a link to a good one](#)
- 6oz disposable cups
- large pitcher for mixing water with juice. [We like this one](#)
- Spoon for stirring
- Food handler gloves
- Fresh Fruits & vegetables
  - coconut water
  - spring water
  - oranges
  - organic apples
  - organic celery
  - organic frozen cherries
  - Celtic sea salt
- For 3 -5 year old class, a toy fire truck and two small army men or a small figuring that can act as the "driver"

## Recipes

### Recipe #1:

#### Florida Orange Refresher

- Choice drink when Florida oranges are in season during the months of October - January
- Wash all fruit, cut and place in juicer. Mix fresh juice with water and coconut water.

Serving size: 3oz

Total servings: 12

- **6 celery stalks** (provides sodium)
- **3 fresh oranges** (provides potassium + calcium)
- **2 cups coconut water** (provides potassium)
- **1 cup filtered water** (8 oz)
- **½ cup additional filtered water** (4 oz, for blending/adjusting)

## Recipe #2

### **Prodigy Punch**

- Choice drink for hot summer months
- Wash all fruit, except the frozen organic cherries. Thaw frozen cherries and place into juicer. W place remaining fruit in juicer. Mix fresh juice with water and coconut water. Add a pinch of Celtic Sea salt at the end to taste.

Serving: 3oz

Total Servings: 12

- **2 cups coconut water** (provides potassium)
- **1 cup spring water**
- **2 medium apples** (provides potassium)
- **2 fresh oranges** (provides potassium & calcium)
- **1 cup fresh or frozen cherries** (provides magnesium)

# Culinary Lab Description

Teacher Steps to facilitate Hydration Station for 1-2 year olds

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## For 1 – 2 year olds:

**Title:** Juice comes from Fruit!

- Choose a recipe
- Wash & pre-cut fruit.
- Set up station
  - juice machine,
  - bowl of pre-cut fruit,
  - coconut water out but set to the side
  - a large jug or canaster to mix the fruit and juice in. Water poured in only.
  - spoon & food handler gloves
- It's also a good idea to have some bowls of whole fruit out as visuals
- Once children arrive facilitate conversation with the following prompts
  - How many people here like juice?
  - How many people here like water?
  - Where does juice come from?
  - Who here has a best friend?
  - Did you know that fruit juice and water are best friends?
    - Today we are going to learn that fresh fruit juice and water are best friends and should be drank together.
    - show children how fruit (apples & oranges) & vegetables (celery) become juice when placed into a cold press juice machine.
- Children line up and take turns placing the pre-cut food into the machine and watching juice pour out. It is easier to place the cut fruit in a small cup then have the child hold the cup and pour the cup into the machine to avoid needing each child to have to wash their hands before this module.
- A helper gets selected to pour coconut water into the pitcher with the water in it.
- A helper gets selected to pour the fresh juice into the pitcher and stir together.
- The class enjoys a 3-ounce sample.

# Culinary Lab Description

## Teacher Steps to facilitate Hydration Station for 3 – 5-year-olds

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**Title:** Make your own “Gatorade”

- Choose a recipe (we recommend Prodigy Punch for older kids)
- Wash & pre-cut fruit.
- Set up station
  - juice machine
  - bowl of pre-cut fruit
  - water and coconut water set to the side
  - a large jug or canister to mix the fruit and juice in
  - spoon & food handler gloves
- Set out the toy fire truck and a little army man or toy figurine to act as the “driver”
- It’s also a good idea to have some bowls of whole fruit out as visuals
- Once children arrive facilitate conversation with the following prompts:
  - How many people here like juice?
  - How many people here like water?
  - Where does juice come from?
  - Why is juice good for us?
    - because juice contains electrolytes
    - when we drink water, it's like we are filling up this water truck inside our body (hold up toy fire truck).
    - but how does the truck know where to go? the truck needs a driver!
    - electrolytes are like the drivers of the truck and tell the water where to go in your body. The water goes into and out of your cells and to all of your muscles to keep you growing big and strong!
    - electrolytes are minerals that carry an electrical charge when mixed with water. They move the water in and out of your cells.
  - There are 4 different types of drivers
    - Sodium driver (hold up celery poster)
    - Magnesium driver (hold up cherry poster)
    - Calcium driver (hold up orange and kale poster)
    - Potassium driver (hold up coconut poster)
- The truck needs the driver, and the driver needs the truck! Now who wants to make their own fresh hydration drink?

- Children line up and take turns placing the pre-cut food into the machine and watching juice pour out. It is easier to place the cut fruit in a small cup then have the child hold the cup and pour the cup into the machine to avoid needing each child to have to wash their hands before this module.
- A helper gets selected to help stir the fresh juice into a bowl of water. The class enjoys a 3-ounce sample.



**Note**

Calorie and macronutrient information is approximate and can vary based on specific ingredients and portion sizes. Consider using a nutrition tracking app for more accurate data.