Parent Connection

The subject that we are studying right now is Water and Oxygen and how they affect Nutrition and Health.

Family Water Chart

Make a chart and keep track of how much water each family member drinks in one week.



RECIPES

Look through a recipe book and find four recipes that include water as an ingredient. Write down the title of the recipe and the amount of water needed.

My Personal "Water and Oxygen" Goals

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		My Famil	ly's Goals:	