

Fruit Infused Water Activity

Target Audience: Any Group

Objectives:

- During the activity, participants will taste test the prepared fruit infused water.
- After the activity, participants will be able to recall at least one reason why drinking water is important.

Description:

Host a taste test and share tips on how to drink more water. This activity is a way to engage people at a health fair or community event. Educate participants on the importance of drinking water, while emphasizing that drinking water can also be fun.

Materials and Preparation:

- Flavor Your Water recipe cards to handout to participants (pgs.13-14)
- Infuse a large beverage dispenser with water and any of these combinations (or create your own):
 - Lemon + cucumber
 - Strawberry + kiwi
 - Orange + blueberry + basil
 - Watermelon + lime + mint
 - Apple + cinnamon sticks
 - Pineapple + jalapeno

Activity:

- Ask participants if they can think of reasons why drinking water is important. Here is some basic information:
 - Water is an essential nutrient, and we can't live without it.
 - Every cell, tissue and organ in your body needs water.
 - Your body needs water to digest food and get rid of waste.
- Emphasize that while drinking water is important, it can also be fun. They can enhance the flavor of water by adding fruit, herbs, or a splash of 100% fruit juice. If they miss fizzy drinks, they can try drinking seltzer water.
- Have each participants taste test the prepared fruit-infused water. Ask what combinations they would want to try at home.
- Distribute the Flavor Your Water recipe cards.

Recipe Cards



Rethink
Your Drink

Watermelon Lime

Total Servings: 4

Serving Size: 1 cup

Ingredients

2 cups cubed watermelon
2 limes, sliced
Optional:
3 sprigs of mint

Preparation

Fill pitcher halfway with ice. Add cubed watermelon, sliced limes and sprigs of mint, if using. Fill with cold water. Refrigerate for at least one hour. Drink within 24 hours.



Rethink
Your Drink

Orange Blueberry

Total Servings: 4

Serving Size: 1 cup

Ingredients

1 orange, sliced
1/4 cup blueberries
Optional:
3 sprigs of basil

Preparation

Fill pitcher halfway with ice. Add orange slices, blueberries and sprigs of basil, if using. Fill with cold water. Refrigerate for at least one hour. Drink within 24 hours.





Rethink
Your Drink

Apple Cinnamon

Total Servings: 4

Serving Size: 1 cup

Ingredients

1 apple, sliced
2 cinnamon sticks

Preparation

Fill pitcher halfway with ice. Add sliced apples and cinnamon sticks. Fill with cold water. Refrigerate for at least one hour. Drink within 24 hours.



Rethink
Your Drink

Lemon Cucumber

Total Servings: 4

Serving Size: 1 cup

Ingredients

1 cucumber, sliced
1 lemon, sliced

Preparation

Fill pitcher halfway with ice. Add sliced cucumbers and lemons. Fill with cold water. Refrigerate for at least one hour. Drink within 24 hours.

