

# CHECK LIST

## Lesson #5: Elimination and Hydration

### 1. Script

### 2. Answer Sheet

- Water Content in Food Answer Sheet

### 3. Props

- 2 empty one-gallon water jugs
- 8 ounce measuring cup
- Flag for use during game

### 4. Handouts

#### For students:

- Two-sided sheet for in-class activity; side 1 – Water Content in Food activity, side 2 – digestion diagram

#### For parents:

- Grill Me About

#### For teacher:

- Teacher packet

### 5. Optional Food Sample

- Food preparation instructions
- Serving supplies