

Water masterchef

You will need:

- Large water jugs
- Small cups - 1 per person
- Fresh water
- A selection of fresh fruit, vegetables and/or herbs. Ask your parent/carer to assist with chopping up these into bite size pieces

Optional:

- Ice cube tray

Steps:

- 1. RESEARCH** Did you know that water is the best choice to keep our bodies and teeth healthy and strong? We should drink at least 6-8 cups of water a day! We need to drink more water when it is hot in summer! Draw a picture of yourself and write all the ways water helps to keep you healthy.
 - 2. PLAN** Let's become Water Masterchefs! Talk about each of the fresh fruit and herbs and think about what flavour they might give our water if we mix them in.
 - 3. PREPARE** Get a glass of water and choose some fruit and herbs to make your own Masterchef Water.
 - 4. TASTE** If the water is allowed to sit for at least half an hour, the flavours of the fruit and herbs will infuse into the water. The water can also be sampled straight away and then tried again after leaving it for longer so that you can observe the difference in flavour.
- You might like to take it further:**
5. Discuss your favourite flavours. How has the water changed and what you might like to try next time?
 6. Make a delicious Masterchef Water jug to share with your family at mealtime – be sure to plan ahead. You could play a game with your family, and ask them to guess what the flavour is. What is their favourite?
 7. Are you growing anything in your garden that could be used to make your water delicious?

