

Values in Practice

INCLUSION

Did you know that you should be drinking 8 cups of water per day? Challenge your family: how many days can you each meet those 8 glasses? Find a central location to keep track of each member's water intake!

INNOVATION

Found a great flavour combination? We want to know! Share your innovations with us at www.firstroboticscanada.org or by using #FIRSTFoodie on social media.

H₂O

H₂O is the chemical formula for water; each water molecule is made up of two **hydrogen** atoms and one **oxygen**!

FUN WITH FLAVOURS!

Try adding flavour to your hot or cold water! Add your combo and wait for 5 minutes before drinking!

WHAT'S
UP
WITH
WATER?

Water is an important fluid for all life on our planet. It covers 71% of the earth's surface and can be found in solid (ice), liquid (water), or gas (water vapour) forms!

SOME IDEAS:

BLACKBERRIES + MINT
RASPBERRIES + CUCUMBER
STRAWBERRIES + FRESH BASIL
CHOPPED APPLES + A CINNAMON STICK

DISCOVERY

We usually think of solid objects as being heavier than liquid.

But is ice denser than water?

Make a hypothesis; what do you think?

Now take an ice cube from the freezer (or some ice from outside) and put it in a glass of water.

Does it float or sink?

Work with your FLL team to decrease your plastic waste by carrying a reusable water bottle with you.

Show off your unique bottle at the next team practice/call!



IMPACT

Why do we drink water? Your brain is 75% water: fill it up for faster and focused thinking! Water is also the transport train that delivers nutrients to the brain and removes toxins.

Robotics works your brain, so drink up to be ready for practice!

TEAMWORK