Hydration in Summer for Adults

Spoken Tutorial Project
http://spoken-tutorial.org
National Mission on Education through ICT
http://www.sakshat.ac.in

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IIT Bombay

30 June 2017

Learning Objectives

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- **Check hydration status in adults**
- **Drink water throughout the day**
- **Hydrate through food and drinks**
- **Identify dehydrating agents**

Common Questions

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Hydration Status

- **The answer to such doubts can be found in the urine colour**

Hydration Status

- **The answer to such doubts can be found in the urine colour**

Strategies to Drink Water

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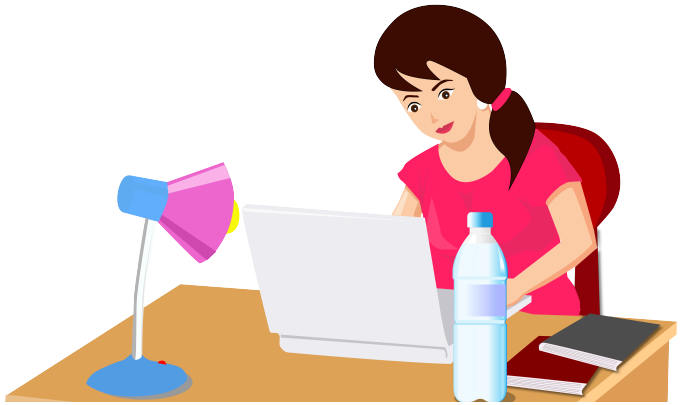
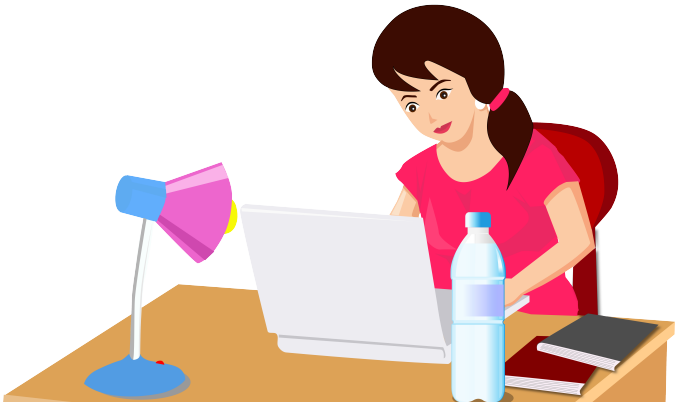


Keep water nearby

Strategies to Drink Water



Keep water nearby

Water with activities

Strategies to Drink Water

Strategies to Drink Water

After waking up

Strategies to Drink Water

Before meals and in between 2 meals

Strategies to Drink Water

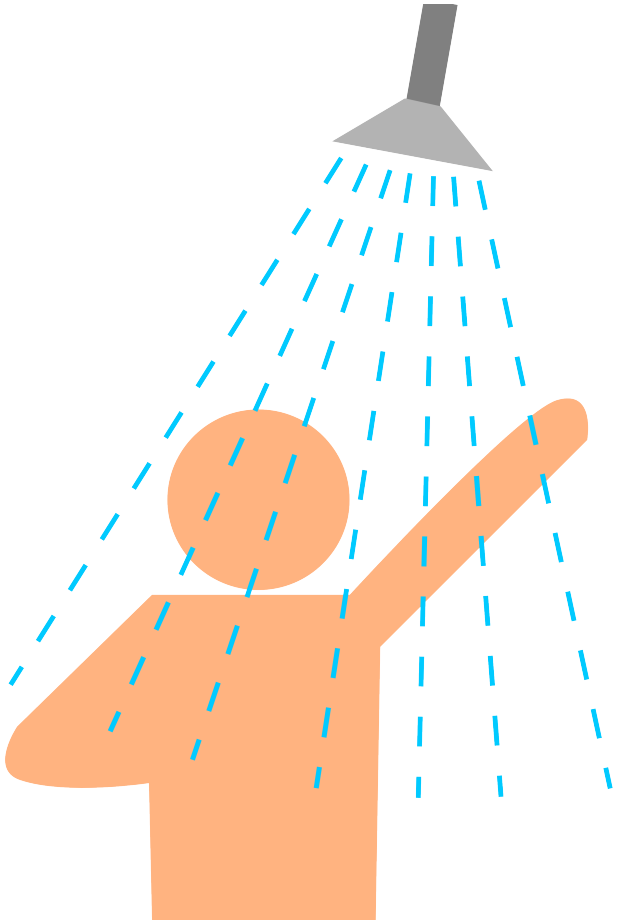
During exercise

Strategies to Drink Water

Before and after brushing teeth

Strategies to Drink Water

Before and after taking a bath

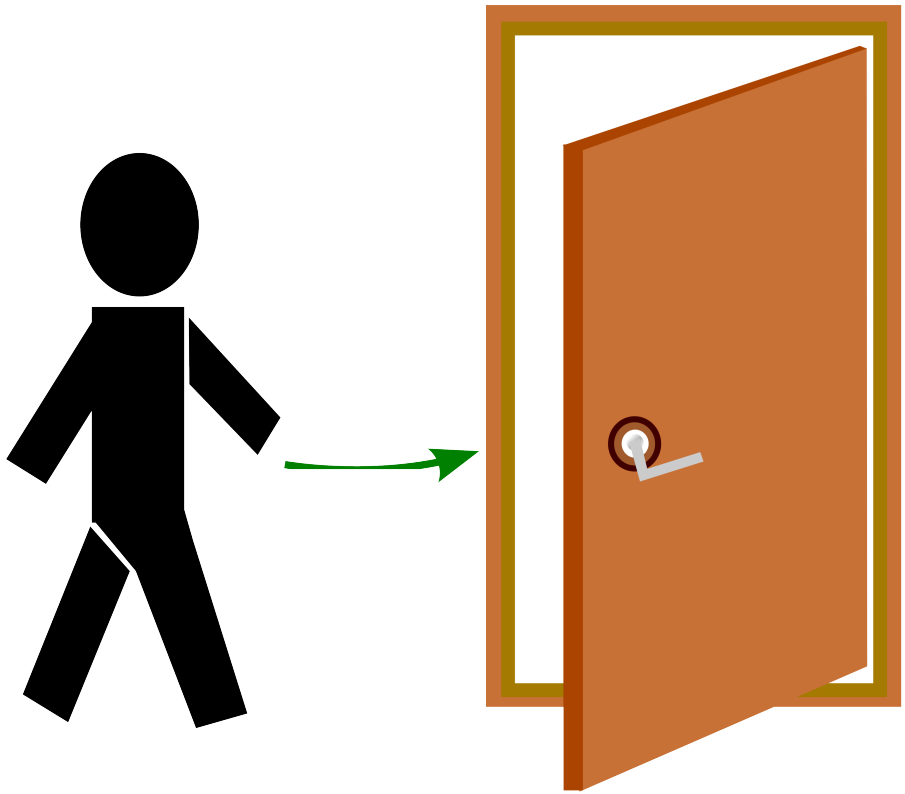


Strategies to Drink Water

Before and after going to the toilet

Strategies to Drink Water

Before going out and after coming home



Hydration through Food and Drinks

Hydration through Food and Drinks

During summer, seasonal vegetables and fruits have high water content

Hydration through Food and Drinks

Water containing fruits and vegetables

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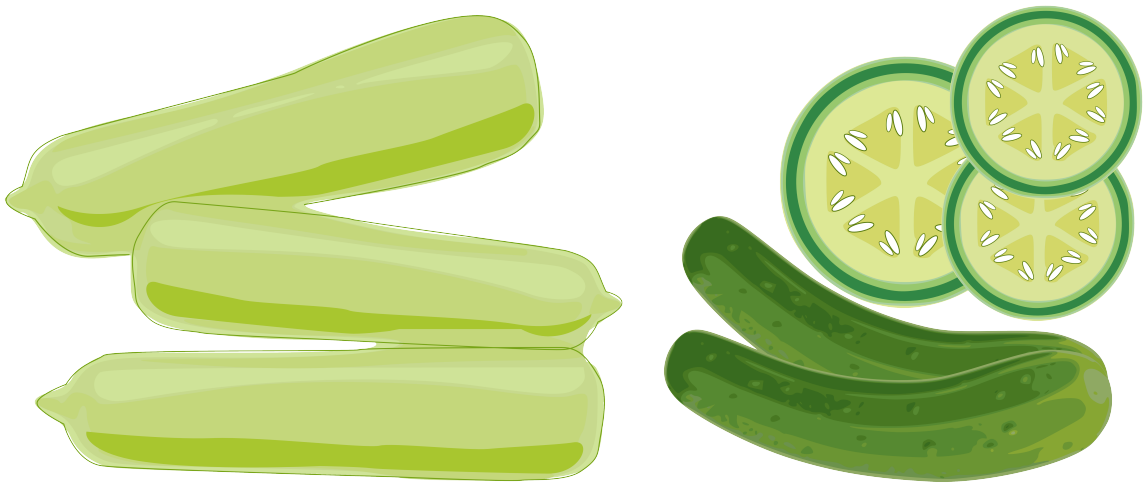
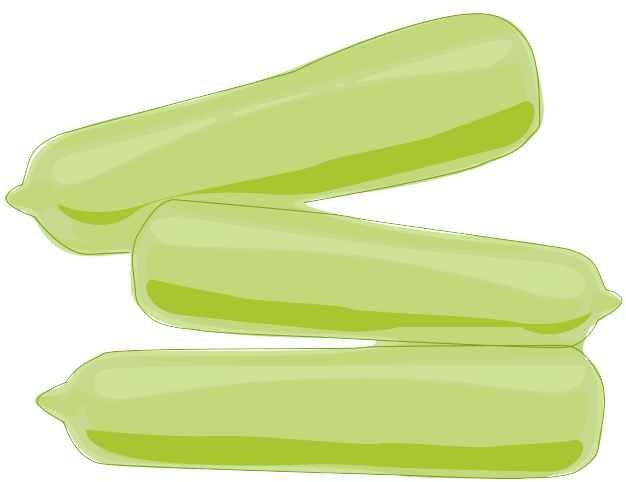
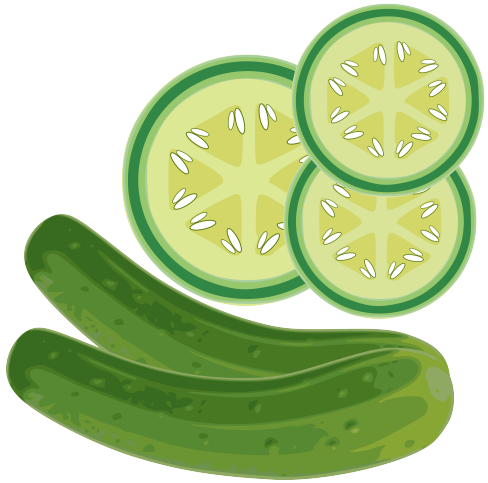
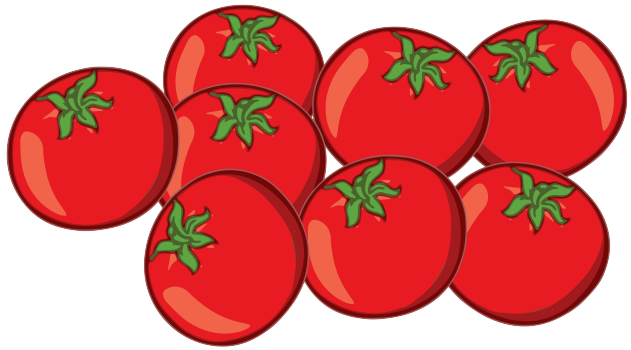


Hydration through Food and Drinks

Water containing fruits and vegetables







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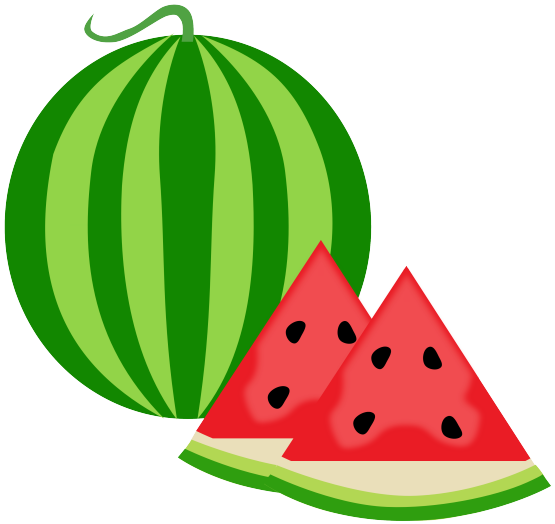

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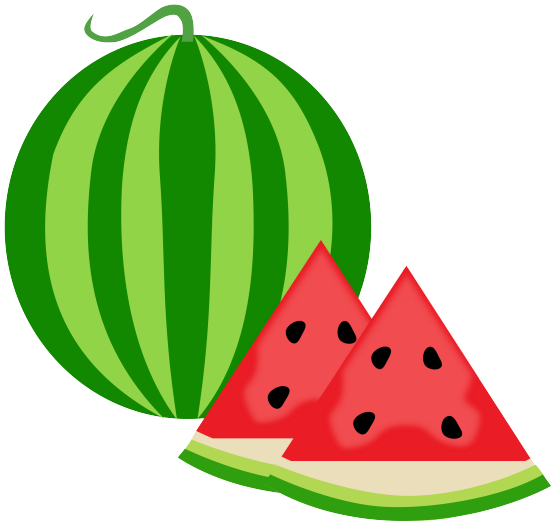

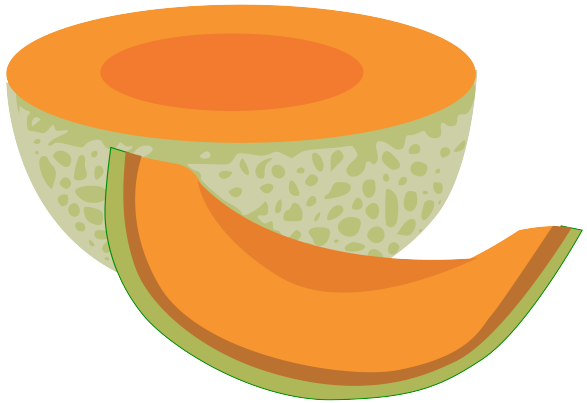

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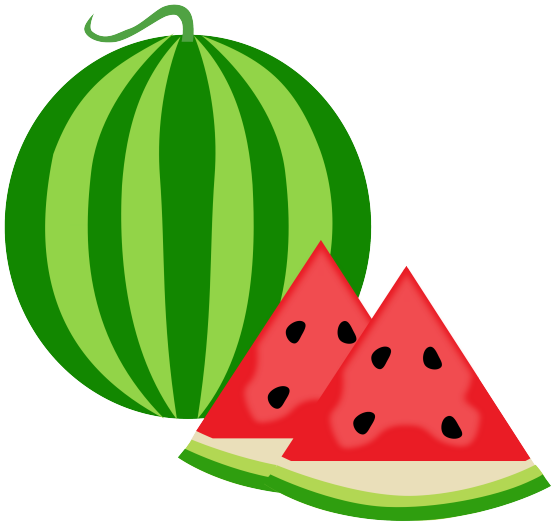

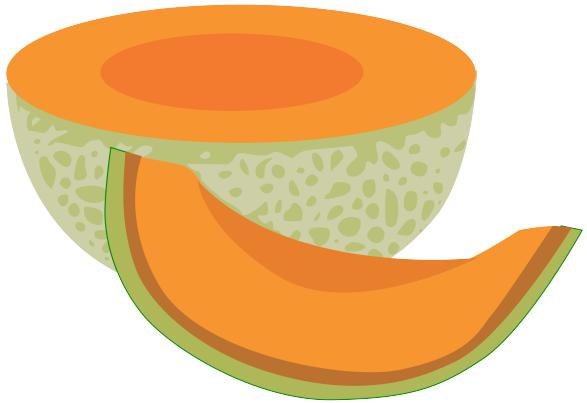

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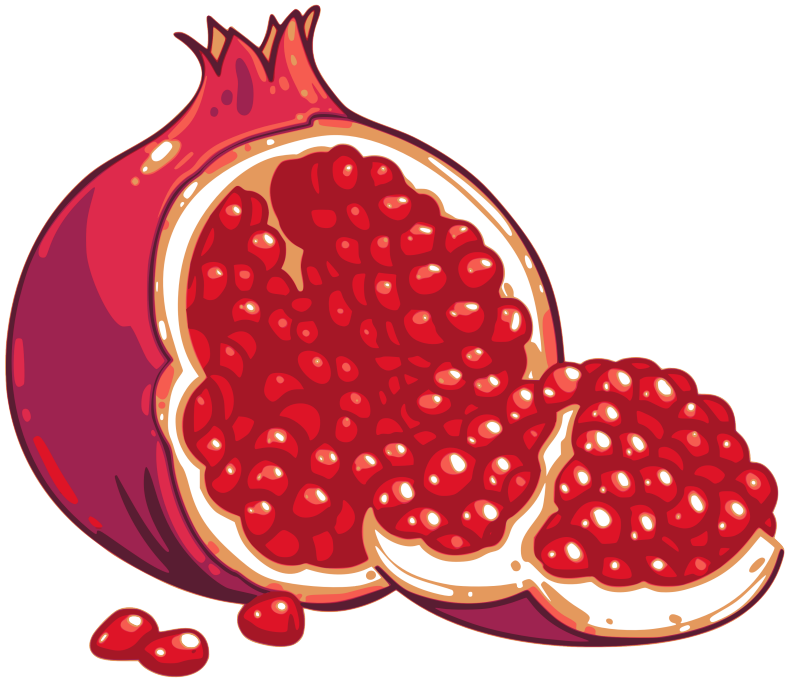

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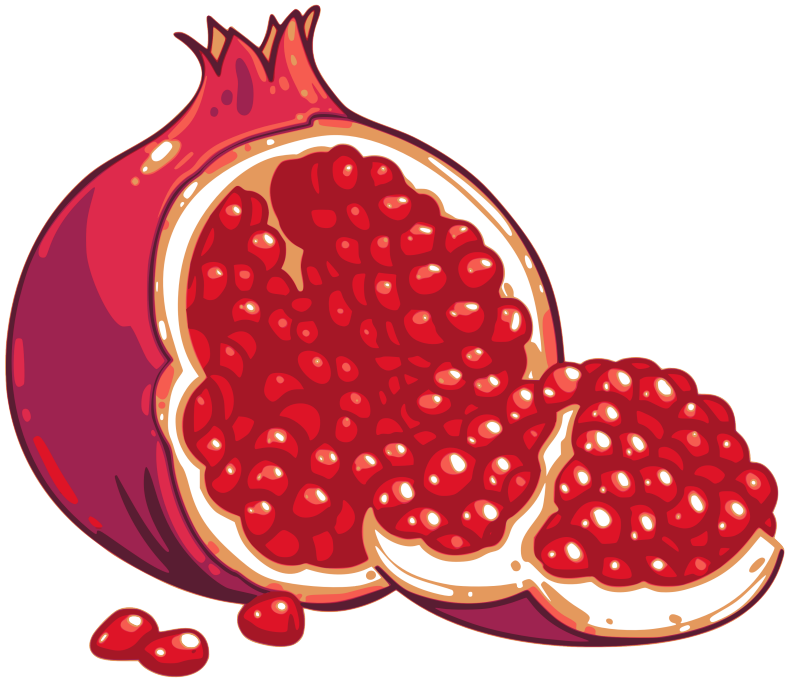

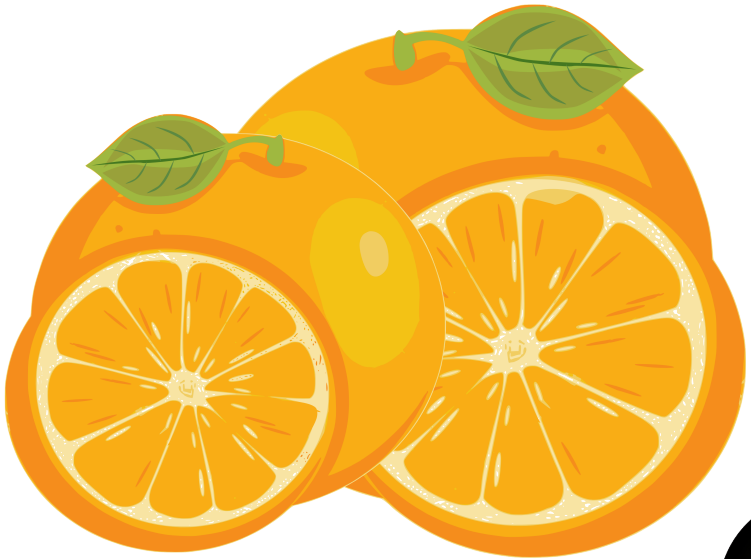

Hydration through Food and Drinks

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Drinks made using plain water

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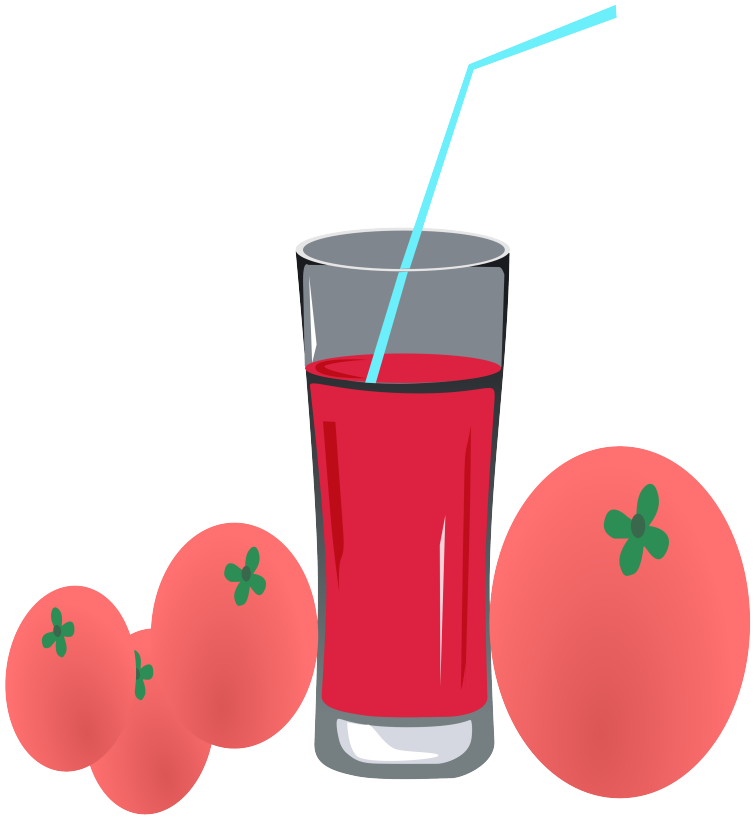

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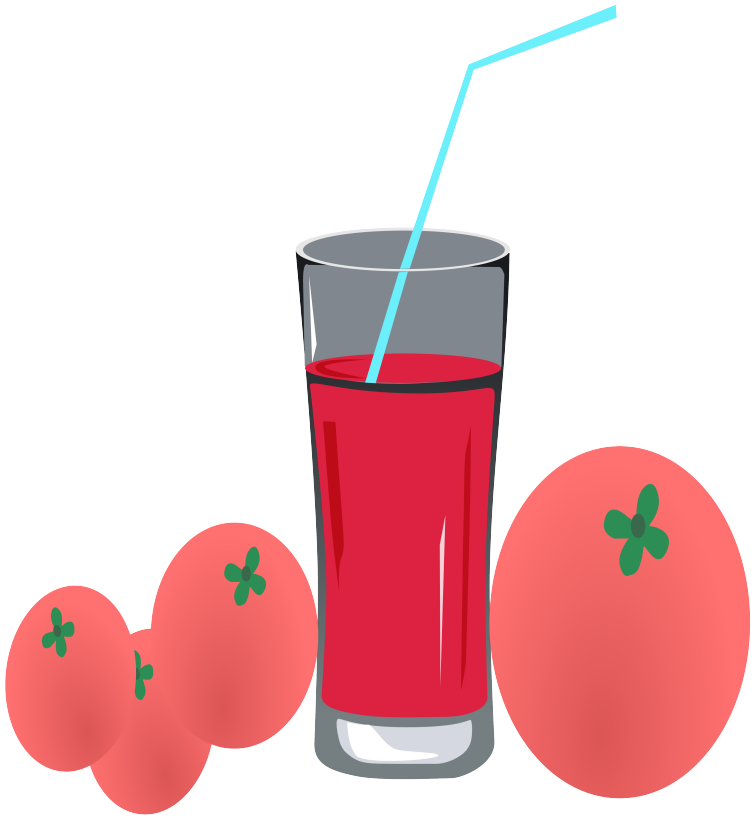

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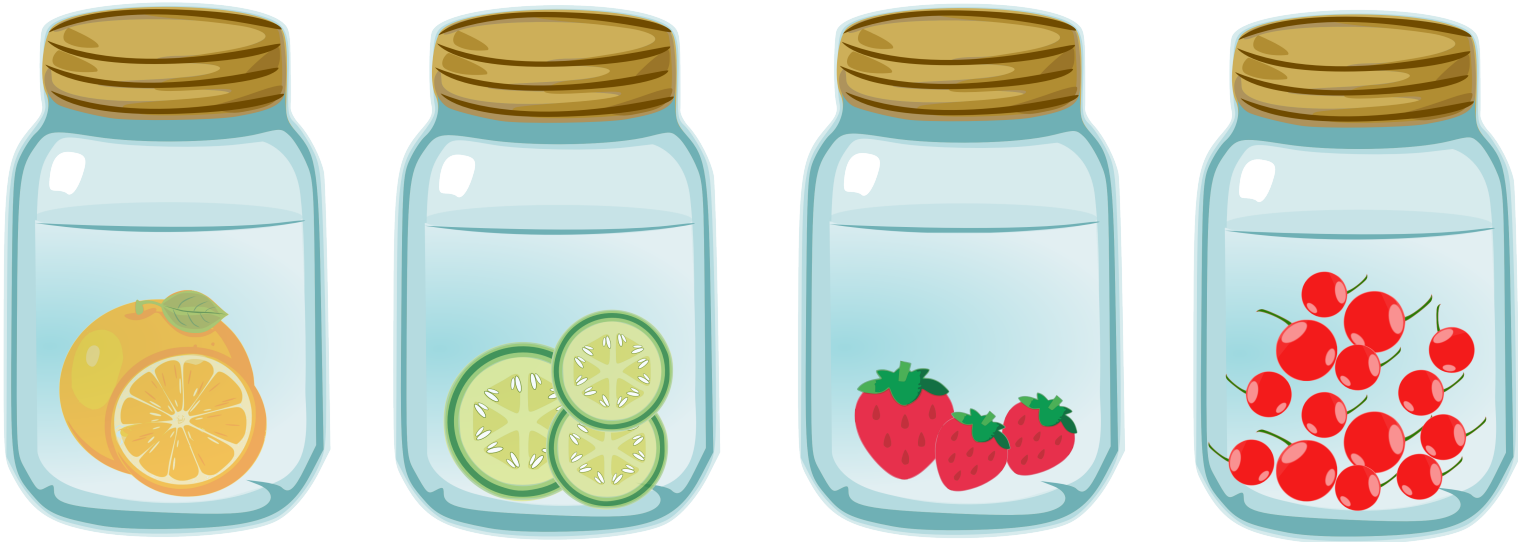

Hydration through Food and Drinks

Natural fluids

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Natural fluids

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Natural fluids

Dehydrating Agents

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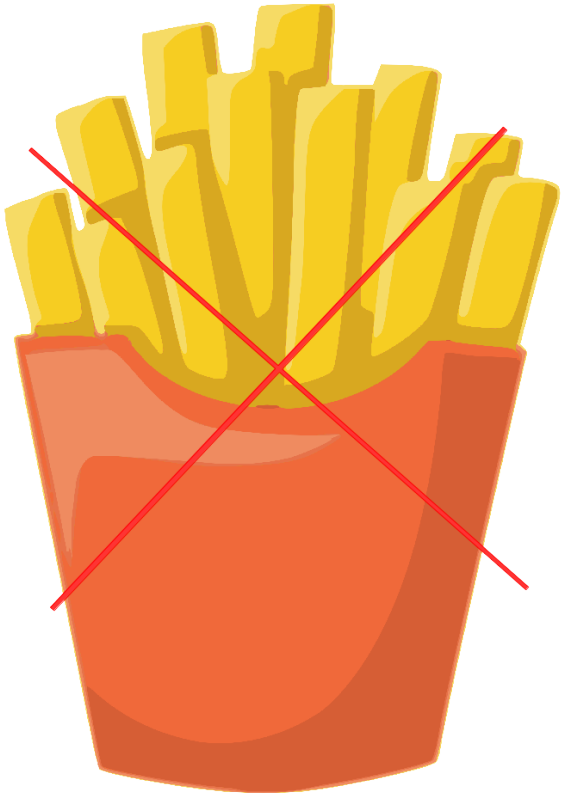
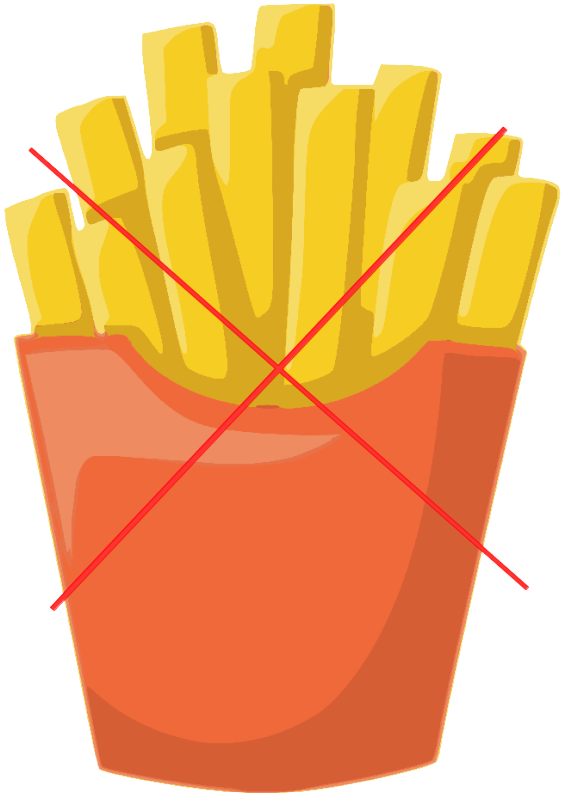
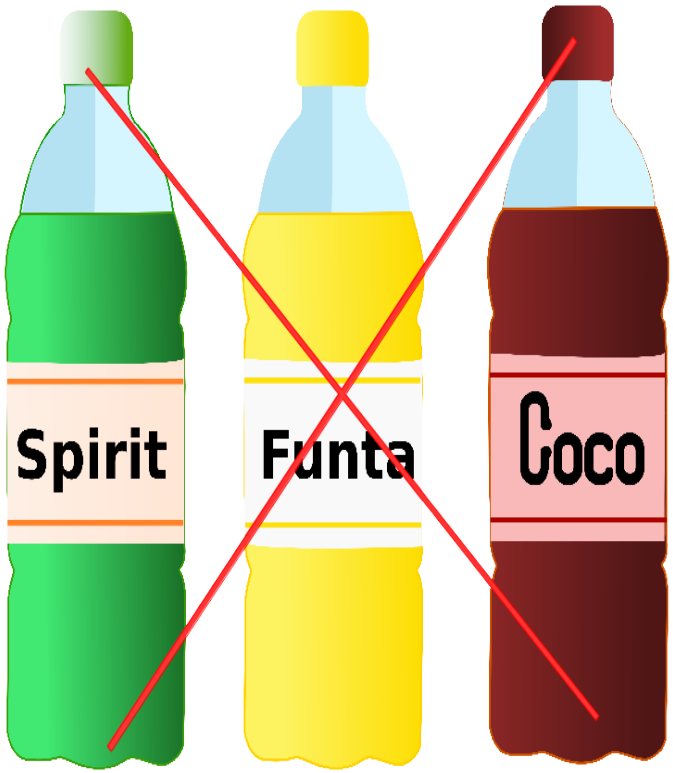
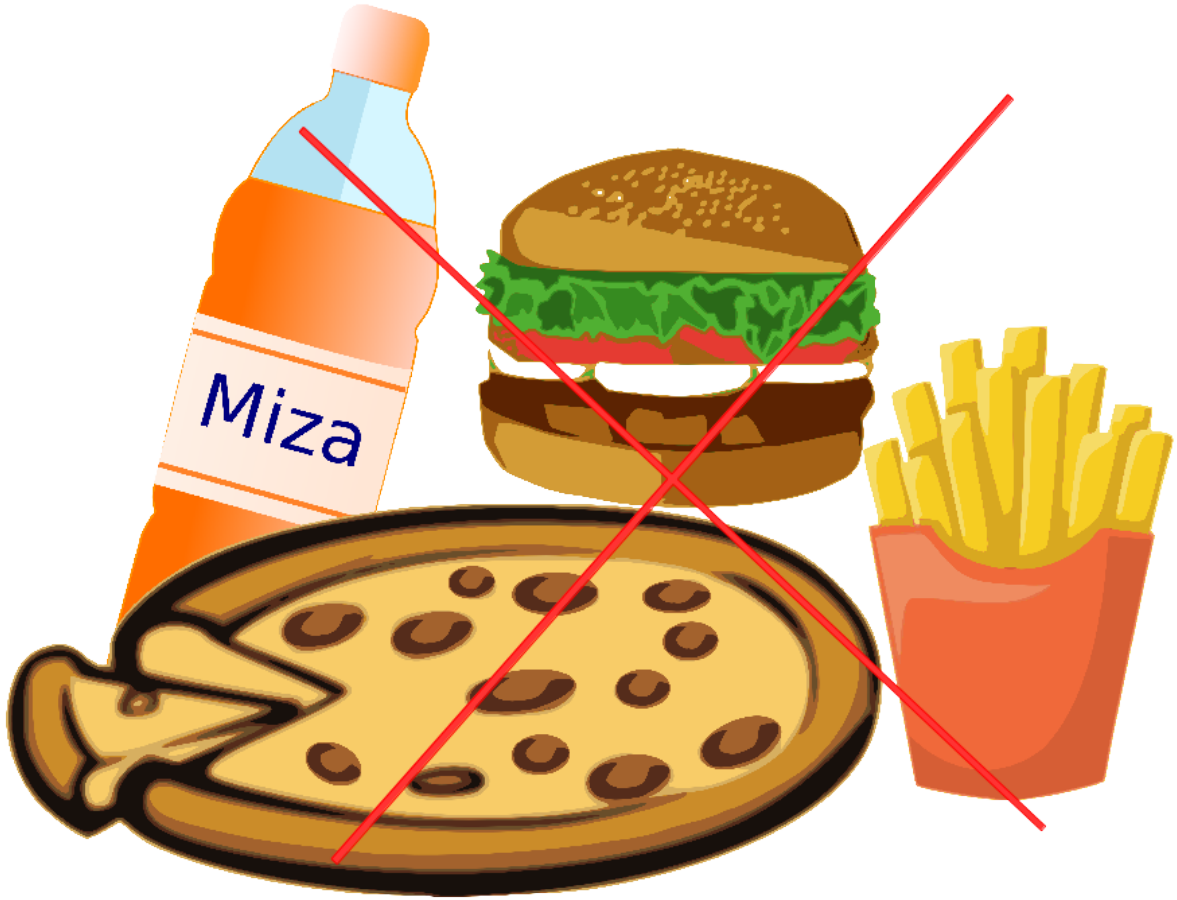


Dehydrating Agents





Dehydrating Agents



Summary

In this tutorial we learnt to,

- **Check hydration status in adults**
- **Drink water throughout the day using activity cues**
- **Hydrate through food and drinks**
- **Identify dehydrating agents**

About the Spoken Tutorial Project

- **Watch the video available at http://spoken-tutorial.org/What_is_a_Spoken_Tutorial**
- **It summarises the Spoken Tutorial project**
- **If you do not have good bandwidth, you can download and watch it**

Spoken Tutorial Workshops

The Spoken Tutorial Project Team

- **Conducts workshops using spoken tutorials**
- **Give certificates to those who pass an online test**
- **For more details, please write to contact@spoken-tutorial.org**

Acknowledgements

- Spoken Tutorial Project is a part of the Talk to a Teacher project
- It is supported by the National Mission on Education through ICT, MHRD, Government of India
- More information on this Mission is available at http://spoken-tutorial.org/NMEICT-Intro