Script:

**CHOOSE WATER**

1. **Presentation with text and questions directed to students during the lesson**

File: Choose Water Part 1.mp4

1. **Exercise phase - task**

File: Choose Water Part 2.mp4

**Instruction**: *Your homework will be to work on the habit of drinking water. If you already drink it according to the recommendations: without added sugar and throughout the day in small amounts, you are exempt from the task. But if you know that sugary drinks are regularly present in your diet, I encourage you to take on the challenge! You will find the task in the attachment.*

File: HOMEWORK.pdf