**Fluid Workstation - Worksheet**

You can take this worksheet away with you.

**Please look at the materials provided on the workstation.**

***Answer these questions:***

|  |  |
| --- | --- |
| **To achieve the recommended fluid intake of 1500 – 2000ml per day, how many of the cups / mugs / glasses would you need to drink?**  ***(You can measure the volume each holds using the measuring jug and water provided)*** |  |
| **Thinking about the examples of Fluid Rich Foods, and the Drinks Menu Examples, how can providing extra fluids help to provide more fibre?** |  |
| **Thinking about the examples of Fluid Rich Foods, and the Drinks Menu Examples, how can providing extra fluids help to provide more vitamins and minerals?** |  |
| **Look at the Squash provided on the workstation and the information sheet.**  **Are there different vitamin and mineral levels in each?** |  |
| **How will you increase fluid intake in your home?** |  |

*Here are some additional resources you might like to get to help your manager / other home staff to improve fluid intake for your residents.*

<https://www.uwl.ac.uk/research/research-centres/richard-wells-centre/i-hydrate#resources>