

# 11 tips to make drinking water more interesting

Some people find it difficult to get their children or young people to drink enough water. Water has many health benefits such as: increasing energy, relieving fatigue, boosting your immune system and keeping muscles healthy.

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We have thought of some ways in which you can make water more interesting and hopefully reduce the number of unhealthy drinks your child consumes.

1. Use fresh lemon, lime or other citrus fruit slices in your water
2. Try cucumber slices for a refreshing taste

3. Add pineapple chunks to water (for at least two hours before drinking)
4. Add herbs like mint – this goes well with watermelon chunks
5. Other herbs such as basil which gives a liquorice taste, lemongrass for a citrus kick, lavender for a floral aroma and peppermint or cinnamon can quickly add flavour
6. Try putting your fruits or herbs in a glass of water and refrigerating overnight
7. Try mixing 100% fruit juice (no added sugar) with still or sparkling water
8. For a bit of a kick, try simmering a cinnamon stick in a cup of water. Once it has infused, combine it with a pitcher of cold water. Not only does cinnamon taste good in water, it has also been proven to help lower blood sugar and cholesterol
9. Flavoured ice cubes may make an even better drink. Use some of the above suggestions, pop your fruit or herb in an ice cube tray, add water and freeze
10. Add the peel of citrus fruits; these contain oils which add both flavour and aroma to your water
11. Adding a drop of food colouring will add a splash of colour to your water

And now for some ideas...

- Lavender and Blueberries – wash both thoroughly and add to a jug of water
- Dragonfruit and Mint – use a melon baller to scoop out dragonfruit and add to water with mint leaves
- Lemon and Cucumber – thinly slice both and add to water with a little mint
- Pineapple and Cucumber – slice the cucumber and add to water with pineapple chunks and a little mint
- Lime and Orange – thinly slice and add to water
- Apple, Lime and Basil – thinly slice the apple and lime, add to water along with springs of fresh basil
- Mango and Mint – add mango chunks and mint leaves to water

Got an idea or story you'd like to share with us around drinking water? Send it in at [jia@nras.org.uk](mailto:jia@nras.org.uk)

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