

Topic: A Rough Idea



How much liquid do I drink in a day?

There is more than one reasonable answer to this question.

It will change from person to person and from day to day. However, we can make a reasonable estimate and show how we worked it out.



For example, somebody might have a mug of coffee with breakfast, a mug of tea mid-morning, a mug of coffee with lunch and another mug of tea in the evening. They might also have **3** glasses of water during the day. This makes **7** drinks in total each day.

A mug or glass of liquid is about $\frac{1}{2}$ pint, so: $7 \times \frac{1}{2} = 3 \frac{1}{2}$ pints of liquid per day.

Now estimate how much you drink each day.



Health questions

Do you know how much liquid an adult should drink each day?

Answer: There are different opinions on this. However, the NHS Eatwell Guide says we should drink six to eight glasses of fluid a day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.