# Module 1

# Audio Descriptive Text

The video opens with soothing music, voiceover narration, and image of a young girl drinking from a reusable water bottle. This transitions to an image of the School Nutrition Environment and Services Framework and provides an overview of water access in schools (required at lunch time where meals are served, recommended for other locations, and required at breakfast time in the cafeteria). The video transitions to a slide with icons showing the benefits of adequate hydration with informative narration on staying hydrated and the benefits of drinking water. As the soothing music continues, the slides transition to data about hydration and shows a graphic representing 1 in 5 children and adolescents do not drink any water during the day, strategies schools can use to help promote staying hydrated, and then lead to screen shots of the Increasing Access to Drinking Water in Schools toolkit and key resources from the National Drinking Water Alliance on healthy hydration and drinking water safety in schools.

Soothing music continues to feature an Access Resources slide with CDC’s Comprehensive Framework for Addressing the School Nutrition Environment and Services, <https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>, CDC’s Increasing Access to Drinking Water in Schools Tool Kit, <https://www.cdc.gov/healthyschools/npao/wateraccess.htm>, and the National Drinking Water Alliance Fact Sheets, <https://www.drinkingwateralliance.org/facts>.

The slides transition to text with “Please continue to module 2” and move on to the final slide with the CDC Healthy Schools URL, <https://www.cdc.gov/healthyschools/> and the CDC logo at the bottom left of the screen and Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health on the bottom right, music fades out.