

ACTIVITY

Reading the Charts

Directions: Use the information about each teen’s height, weight, and Body Mass Index (BMI) to answer the questions that follow. Refer to the charts on page 266 of your textbook.

Linda, 13, female
Height: 5’4”
Weight: 100 lb.
BMI: 17.16

Reid, 15, male
Height: 5’9”
Weight: 185 lb.
BMI: 27.32

Terry, 16, female
Height: 5’4”
Weight: 135 lb.
BMI: 23.17

Foster, 16, male
Height: 5’7”
Weight: 135 lb.
BMI: 21.14

1. Which student is above the 90th percentile of BMI? _____
2. Which student is below the 15th percentile of BMI? _____
3. What are three possible reasons for the body type differences between Linda and Terry?

4. Suggest two reasons for the difference between Reid’s and Foster’s BMIs.

5. What are two reasons for the differences in Terry’s and Foster’s BMIs?

6. Why is it wrong to conclude that someone with a high BMI must have too much fat?

7. If your BMI is considerably below the normal range, what can you do about it?

Continued

ACTIVITY

Gaining, Losing, and Staying the Same

Directions: On the lines, write the terms that are missing in the sentences.

1. Teens need between _____ and _____ calories each day.
2. For growth, teens need three servings daily from the _____
_____ Group.
3. _____ is a mineral necessary for growth during the teen years.
4. To prevent anemia, young people need the mineral _____.
5. Because their bones are growing rapidly, teens need enough _____.

Directions: On the lines, answer the questions to help the students below reach their weight goals. One pound (0.5 kg) of weight = 3,500 calories.

1. April is 15. She wants to increase her weight from 95 pounds to 110 pounds. On average, she has been consuming about 1,800 calories each day.
 - a. If she gains 1 pound (0.5 kg.) per week, how long will it take to reach 110 pounds?

 - b. How many total calories will she need to plan to consume daily? _____
 - c. If she adds a daily swim that burns 300 calories, how many calories should she consume?

2. Rashid is 16. He wants to lose about 10 pounds and increase his muscle mass. On average, he has been consuming about 2,600 calories a day.
 - a. If Rashid cuts back to 2,100 calories daily, how long will it take to lose 10 pounds?

 - b. If Rashid starts daily weight workouts that burn about 600 calories, would you advise him to cut calories? Why or why not?

ACTIVITY

Keeping Energy Intake and Output in Balance

Directions: Use your knowledge of calories and the information in the chart below to answer the questions that follow.

Calories Burned During Activities

(Calories burned are listed for someone weighing 120 pounds.

A lighter person will burn fewer calories, and a heavier person somewhat more.)

Minutes	Calisthenics	Brisk Walking	Housework	Running Fast
15	62	55	34	225
30	125	111	67	450
45	187	166	101	675
60	250	220	135	880

- Dennis spends a total of 30 minutes walking briskly.
 - How many calories did the walk burn off? _____
 - How many calories less or more would Dennis burn if he did calisthenics for the same amount of time? _____
 - How many days of 30-minute walks will it take for him to burn off 1 pound of body weight? (Show your work.) _____
 - If Dennis increases his walks to 45 minutes a day, how long will it take him to lose 1 pound? (Show your work.) _____
- Tanya had been using about 2,400 calories to carry out her regular daily activities. Recently she joined the track team and volunteered to help her family with the housework on a regular basis. On a typical day, Tanya consumes about 450 calories at breakfast, 475 at lunch, and 950 at dinner. She takes in another 400 calories in snacks. On Monday, Tanya ran hard for 20 minutes at track practice and helped with housework for 1½ hours.
 - How many calories did Tanya take in for the day? _____
 - How many calories did she burn? _____
 - If the balance between Tanya’s calorie intake and activity level remains similar to Monday’s, what will be the likely result over time? _____