

## Worksheet: B.M.I.

Answer the following questions.

1. What does B.M.I. stand for? \_\_\_\_\_
2. What two (2) measurements are needed to calculate a person's B.M.I?  
\_\_\_\_\_ and \_\_\_\_\_
3. B.M.I. is used to tell how much \_\_\_\_\_ a person has on their body.
  - a. Bone
  - b. Muscle
  - c. Fat
  - d. Water
4. A healthy B.M.I is:
  - a. Less than 18.5
  - b. Between 18.5 and 24.9
  - c. Between 25 and 29.9
  - d. Greater than 30
5. A person who has a B.M.I. that is above or below the normal range is considered to be unhealthy.
  - a. True
  - b. False
6. Use the table below to answer the questions that follow.

- a. Who are the persons who have a normal B.M.I.?

\_\_\_\_\_

- b. Who has a B.M.I. that says they are underweight?

\_\_\_\_\_

- c. Who has a B.M.I. that indicates they are obese?

\_\_\_\_\_

- d. Who has a B.M.I. that indicates they are overweight?

\_\_\_\_\_

- e. Who has a B.M.I. that indicates they are morbidly obese?

\_\_\_\_\_

- f. Suggest TWO thing that the persons who are overweight, obese and morbidly obese can do to reduce their B.M.I.

1. \_\_\_\_\_

2. \_\_\_\_\_

Name	B.M.I.
John	40.5
Alice	22.5
Rose	17
Paul	28.3
Tevin	20.6
Marcy	32.0
Brandy	18.8