

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