Name ……………………………………………………………………… Class: ………………………………… Date / /

Objectives: **After the period the students will be able to:**

Know why an inappropriate diet can lead to anorexia, obesity, coronary heart disease or diabetes.

# Activity 1

1. What are the abbreviations BMI and BMR stands for
   1. BMR : Basal metabolic rate………… b. BMI : Basal metabolic index……………………
2. What are variables associated with BMR
   1. gender B. age C. body mass
3. What will happen to a person that takes in more energy than he use repeatedly

Answer:the surplus respiratory substrates are converted to storage fat leading to obesity . …………………………………………………………………………………………………………………………………………

|  |  |
| --- | --- |
| **BMI** | **Classification of body weight** |
| Less than 20 | Underweight |
| 20–24.9 | Normal |
| 25–29.9 | Overweight |
| 30–40 | Obese |
| More than 40 | Severely obese |

# Activity 2

1. Using the following tables calculate BMI and find the state

of the person Giving that:

BMI = (body mass)/(height)x2

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name | Height in Cm | Body mass in KG | BMI | Underweight | Normal | Overweight | Obese | Severely obese |
| Ahmed | 150 | 60 | 20 |  | normal |  |  |  |
| Ali | 140 | 150 | 32.1 |  |  |  | obese |  |
| Baraa | 140 | 50 | 21 |  | normal |  |  |  |
| Essa | 170 | 40 | 15.7 | underweight |  |  |  |  |
| Bandar | 180 | 90 | 25 |  |  | overweight |  |  |

## .Homework:

Discuss the main factors leading to obesity

توقيع ولى الامر