

Area-Nutrition and Wellness
Problem-Healthy Weight Management

Standards

SD FACS Standards

6.2.2 Examine the relationship of nutrition and wellness to individual and family health, throughout the life span.

SD Mathematics Standards

6.N.2.1. Students are able to add, subtract, multiply, and divide decimals.

6.M.1.1. Students are able to select, use, and convert appropriate unit of measurement for a situation.

Problem

Calculate your Body Mass Index (BMI) to determine if you are at a healthy weight.

You will use the following formula: divide your weight in pounds by your height in inches, divide again by your height in inches, multiply by 703. The result is your BMI. Write out the equation, step by step.

When you have your BMI calculated, look on the chart in your textbook, page 482 to determine if you are at a healthy weight. By viewing this chart you will determine if you are underweight, appropriate weight, at risk of overweight, or overweight.

With this information, create a list of 10 things you could do to improve your weight or maintain your healthy weight. These items can relate to exercise, general nutrition, and habits.

What will you need?

Problem

Calculator

Bathroom scale

Tape measure

Text book chart page 482 (BMI chart)

How will you be evaluated?

Correct measuring of height

Correct weight

Correct BMI calculation based on height and weight

List of 10 improvements

Resources

Creative Living Skills, McGraw Hill/Glencoe, 2006