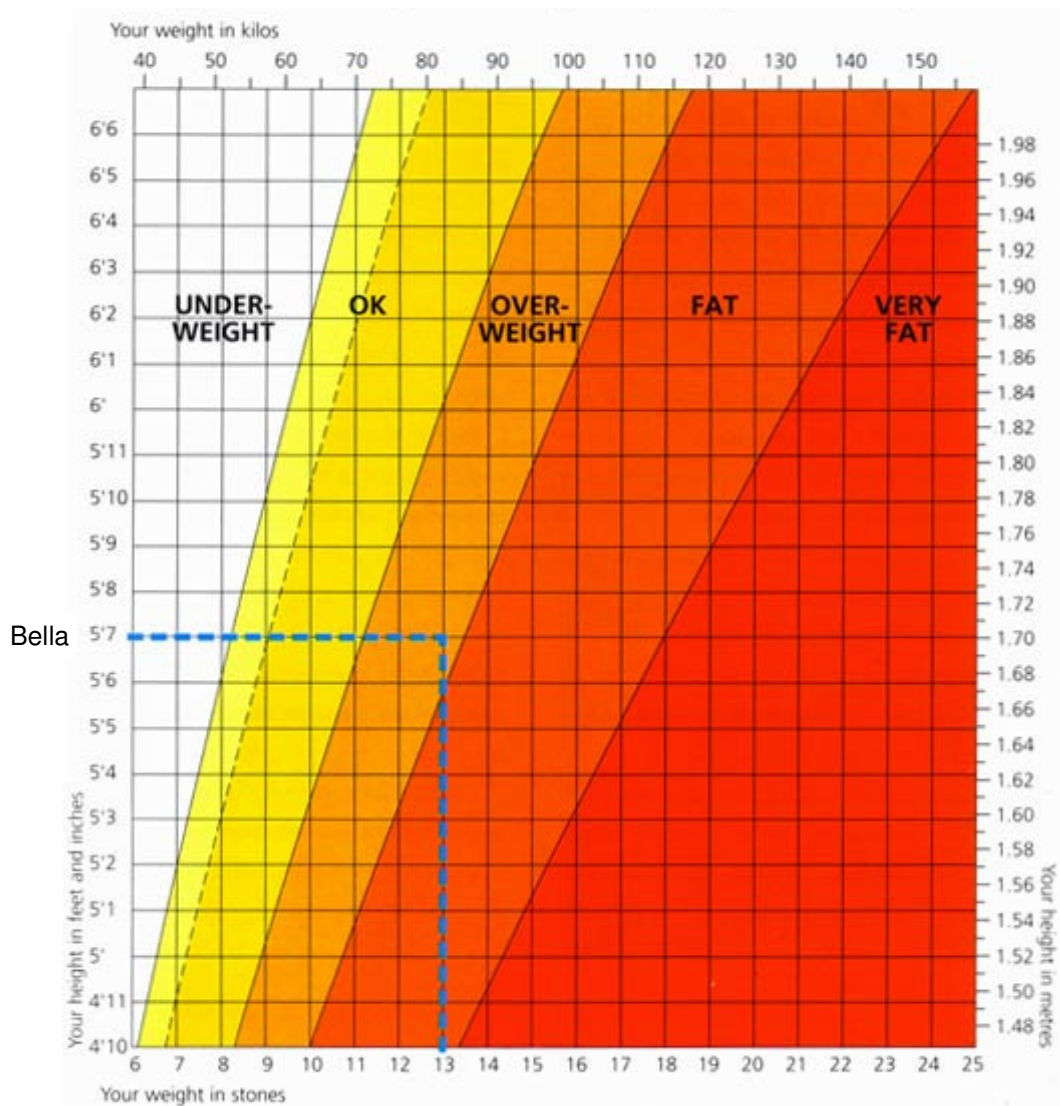


# SECTION 5 - BASICS OF NUTRITION

## Activity Sheet 1—BMI

Using the table below calculate the Body Mass Index (BMI) of the 5 people and state whether they are underweight, OK or overweight. The first one is done for you.



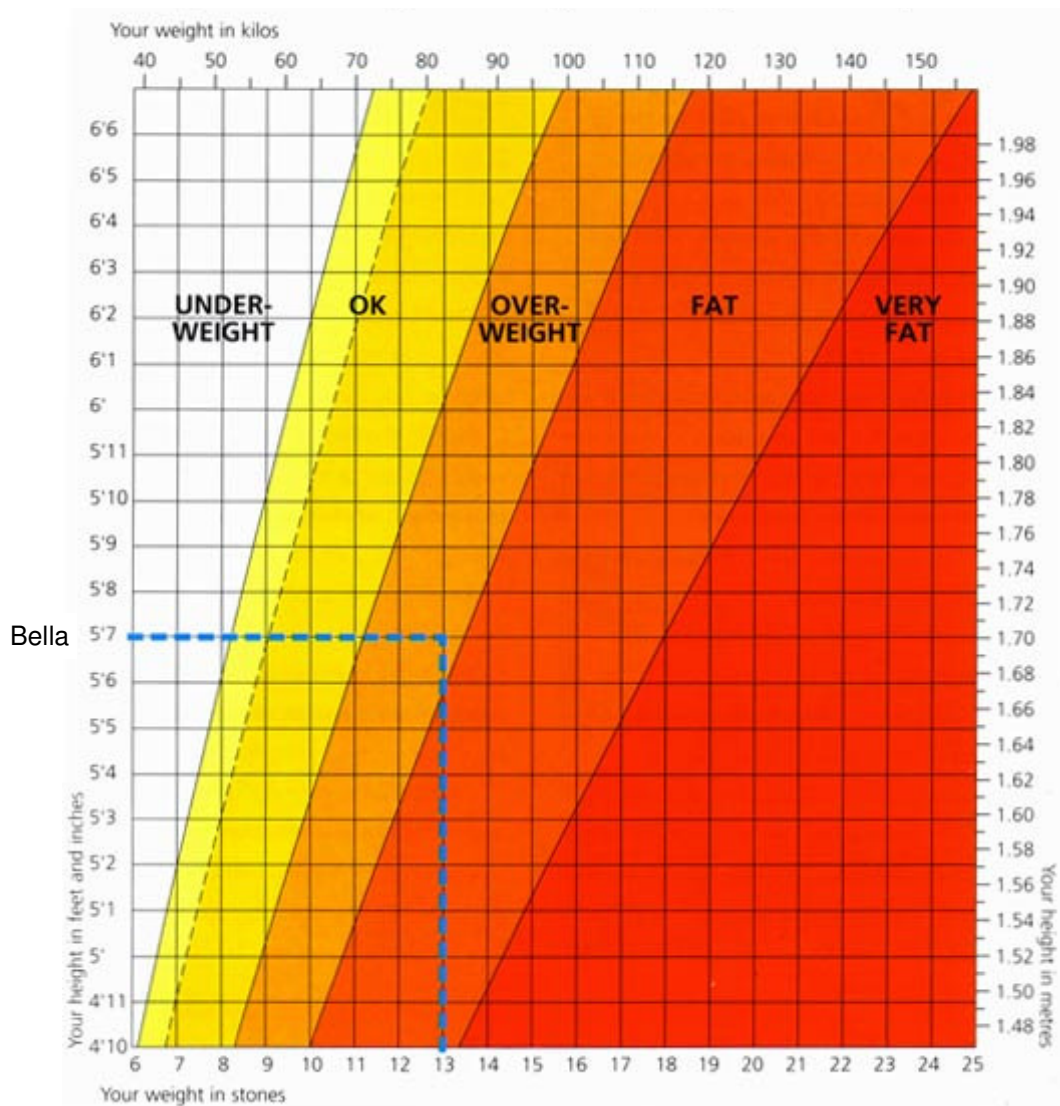
NAME	HEIGHT	WEIGHT	UNDERWEIGHT/OK/OVERWEIGHT
Bella	5'7"	13 stone	overweight
Jack	6'1"	12½ stone	
William	1.71m	50kg	
Anne	1.80m	16 stone	
Paul	5'8"	65kg	

Table reproduced by kind permission of The Food Standards Agency

# SECTION 5 - BASICS OF NUTRITION

## ANSWERS—Activity Sheet 1

Using the table below calculate the Body Mass Index (BMI) of the 5 people and state whether they are underweight, OK or overweight. The first one is done for you.



NAME	HEIGHT	WEIGHT	UNDERWEIGHT/OK/OVERWEIGHT
Bella	5'7"	13 stone	overweight
Jack	6'1"	12½ stone	OK
William	1.71m	50kg	underweight
Anne	1.80m	16 stone	overweight
Paul	5'8"	65kg	OK

Table reproduced by kind permission of The Food Standards Agency