

**Adventures in Food and Nutrition! © 2016**  
**Chapter 4: Weighing Your Choices—Math Activity**

**Body Mass Index**

Keeping weight at a healthy level is important for everyone at all ages. Doctors and dietitians use Body Mass Index (BMI) to determine if people are at a healthy weight. To learn more about this useful tool, visit the website below.

[http://www.cdc.gov/nccdphp/dnpa/bmi/childrens\\_BMI/about\\_childrens\\_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm)

**Activity Questions**

1. What information is used to calculate BMI?
  
  
  
  
  
  
  
  
  
  
2. What does BMI indicate?
  
  
  
  
  
  
  
  
  
  
3. What is a BMI Percentile?
  
  
  
  
  
  
  
  
  
  
4. If a person is at the 95th percentile for BMI, what percent of people have a higher percentile?

Name \_\_\_\_\_ Date \_\_\_\_\_

5. If a person is at the 25th percentile for BMI, what percent of people have a lower percentile?
  
  
  
  
  
  
  
  
  
  
6. To determine your BMI, measure your height. Stand against a wall and look straight ahead. Have a friend lay a piece of cardboard flat on your head and parallel with the floor. Measure from the floor to the cardboard with a tape measure. What is this number?
  
  
  
  
  
  
  
  
  
  
7. To measure your weight, place a scale on the floor. The floor should not be covered with a rug or carpet. Be sure the scale is set to zero. Stand on the scale without moving. What is your weight?
  
  
  
  
  
  
  
  
  
  
8. Click on *Child and Teen BMI Calculator*. Enter your birthday, date you took your height and weight measurements, sex, height, and weight. What is your BMI? What is your percentile?

Note: BMI percentile is accurate for most children and teens. It may not be accurate for you, however. If you are concerned about your BMI, speak with your parents, teacher, or school nurse.