

Weight Control

Assessment 10

Total Marks 30

1. Give short answers for the following questions: (20)
 - I. What is body mass index? How it is calculated?
 - II. Why is a healthy weight important for us?
 - III. What are the benefits of exercise for a weight control programme?
 - IV. How can parents help their children to maintain a healthy weight?
 - V. What is Resting Metabolic Rate (RMR)?
 - VI. What is Thermal Effect of Food (TEF)?
 - VII. What are the common causes of weight gain in individuals?
 - VIII. What is metabolism? How does our metabolism work?
 - IX. What is waist circumference?
 - X. Why is it important to balance physical activity (calories out) with food intake (calories in)?
2. 'Successful weight loss can only be achieved if a person wants to lose weight and is motivated to change eating habits'. Discuss. (10)