



What's Your BMI? and How Do You Feel About It?

A WebQuest for *Stay In Shape*

Designed by

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Introduction

How can you know if you weigh too much, too little, or just right?

Your Body Mass Index called **BMI**, uses your height and weight to calculate a number that puts you in four possible categories: obese, overweight, normal or underweight.

This web based activity will allow you to calculate your BMI and take a look at the concept of Body Image.

The Task

Your job is to determine:

What is your Body Mass Index (BMI)?

What is your **normal** body weight based on your **height**?

What changes can you make in your diet to *Stay In Shape*?

After doing this web based activity, you should be ready to discuss what you learned in your small group and write down some nutrition and exercise goals.

The Process

1. Determine your **height** with the tape measure available in the room. Remove your shoes if they are especially high. Write down your height on the worksheet provided with this

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- activity.
- Using the scale provided, or from your own measurement, make a note of your weight.
 - Watch the short video on BMI at this site, if possible:

<http://www.hhmi.org/biointeractive/media/bmi-1g.mov>

- Visit the website from the Department of Health and Human Services that will calculate your Body Mass Index (BMI). This is a measure of body fat for both adult men and women.
- This is the link for the BMI calculator <http://www.nhlbisupport.com/bmi/>
- Use the information at this website to note what BMI category that you currently fall under.
- Using the calculator, and since you can't really change your **height**, adjust the value in the **weight** category to determine how many pounds you would have to gain or lose to be at a normal weight for your height. Ask your instructor for help if you are not sure how to do this.
- What does it take to lose weight? What can you use as a guide to help you eat more healthily? Write down some of your ideas on the worksheet provided.
- Use the following online resources and decide for yourself what are the three best ways to lose weight or eat more healthily to *Stay in Shape*.
- These resources will also inform you about the term **body image** and what effect this idea has on the health of teenage girls.
- One of the resources will give information about eating disorders.
- Using the information that you find at the websites, answer the questions on your worksheet.
- Take Charge of Your Health: A Guide for Teenagers : http://win.niddk.nih.gov/publications/take_charge.htm

Building a Better Body Image:

<http://www.ourbodiesourselves.org/book/companion.asp?id=1&compID=6>

Tips for Kids on Eating Well and Feeling Good about Yourself:

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=286&Profile_ID=69224

- Complete the worksheet—don't forget the back!

Evaluation

	Beginning 1	Developing 2	Accomplished 3	Exemplary 4	Score
MA Health Framework 3.15 Explain the relationships among dietary intake (including	Worksheet is empty in places. Answers are incorrect or show lack of information from linked websites. Student	Most of the worksheet is complete. Especially Question #8. Student listens but does not	All parts of the worksheet are completed. Especially Question #8. Student participates in	Worksheet is completed thoroughly. Especially Question #8. The open response show thought and	

nutritional supplements), eating behaviors, physical activity, and emotional health	does not participate in small group discussion.	participate in small group discussion.	small group discussion.	strong expression. Student participates actively in small group discussion.	
MA Health Framework 3.21 Identify how social and cultural messages about food and eating influence nutrition choices	Worksheet is empty in places. Answers are incorrect or show lack of information from linked websites. Student does not participate in small group discussion.	Most of the worksheet is complete. Especially Questions 10 & 11. Student listens but does not participate in small group discussion.	All parts of the worksheet are completed. Especially Questions 10 & 11. Student participates in small group discussion.	Worksheet is completed thoroughly. Especially Questions 10 & 11. The open response show thought and strong expression. Student participates actively in small group discussion.	
MA Health Framework 3.13 Identify the behaviors and avenues of support for young people with disordered eating behaviors or eating disorders	Worksheet is empty in places. Answers are incorrect or show lack of information from linked websites. Student does not participate in small group discussion.	Most of the worksheet is complete. Especially Question #11 and the Open Response D. Student listens but does not participate in small group discussion.	All parts of the worksheet are completed. Especially Question #11 and the Open Response D. Student participates in small group discussion.	Worksheet is completed thoroughly. Especially Question #11 and the Open Response D. The open response show thought and strong expression. Student participates actively in small group discussion.	

Conclusion

Good Job! With what you know, you can be an ambassador of good health. There must be some people you know who would be grateful for your support as they make healthy choices. Bring your good ideas home and help your family members choose the foods and activities that promote health.

Credits & References

I have been inspired and guided by the curriculum developed by Ming Sun at Mass General Hospital. Ming has worked tirelessly to bring the ideas of nutrition, exercise and relaxation to high school girls. The curriculum called *Stay in Shape* has been used at Chelsea High School, where I teach it as an after school program.

The website for the program is http://www2.massgeneral.org/CHA/cha_stayinshape.htm . The email for Ming Sun is msun@partners.org

Last updated on August 15, 1999. Based on a template from [The WebQuest Page](#)

Teacher Page

This webquest is designed to be used by students independently without much introduction. It is designed to raise personal awareness for each student around their own BMI and how they could adjust it, if necessary. There is also an introduction to eating disorders possible within this webquest. Body image websites help the student to understand the importance of self image in making healthy food choices and participating in vigorous activity.

There is an accompanying worksheet that allows a student to demonstrate their learning and serves as a starting place for small group discussion following this webquest activity.