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## Weight Control

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### Assessment 12

Total Marks 30

1. Give short answers for the following questions: (20)
  - I. What is body mass index? And how it is calculated?
  - II. Why healthy weight is important for us?
  - III. What are the benefits of exercise for a weight control programme?
  - IV. How parents can help their children in maintaining healthy weight?
  - V. What is Resting Metabolic Rate or RMR?
  - VI. What is Thermal Effect of Food or TEF?
  - VII. What are the common causes of weight gain in individuals?
  - VIII. What is metabolism? and 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)