

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)