1. What do you think of your eating habits? Do you actively participate in the food choices you have at home? Are you happy with your choices, or do you feel like you can improve on the quality of food you eat?
2. What factors do you think influence you food choices? Availability, taste, nutritional value? Tell me why.
3. After recording your food intake for the last few days, what has surprised you the most about your choices?
4. Have you been over or under with your sugar intake? Which choices of food items on your list have had the greatest amount of sugar in them?
5. Research online – what does (Basal Metabolic Rate) tell you? Then calculate your BMR by finding a BMR calculator? What did it tell you about your BMR? What is that number?
6. Now go online and find a Body Mass Index calculator. <http://nhlbisupport.com/bmi/>

What does BMI tell you? Calculate your BMI, do you agree with this number? What can influence your BMI?

1. Calculate the BMI for a boy who is 15 years old, 5’9” and 180lbs. What is his BMI? Is his weight in the healthy range?

***Please read the article on “Metabolism and Weight Loss: How You Burn Calories” and answer the following questions.***

1. What is metabolism and how does it affect your weight?
2. According to the article on metabolism what 3 factors affect your metabolism?
3. Why do “starvation diets” don’t work?
4. What is strength training?
5. What does the article mean by there is “no magic bullet”?