

21/04/2020

Class - VI

Components of Food

\* B.M.I. (Body Mass Index)

B.M.I. is Body Mass Index. It is an attempt to quantify the amount of muscles and fat in an individual category. That person is under weight, normal weight, over weight and obese on account of its value.

Common accepted B.M.I. range :-

Under weight :- less than  $18.5 \text{ Kg/m}^2$

Normal weight :-  $(18.5 - 25) \text{ Kg/m}^2$

Over weight :-  $(25 - 30) \text{ Kg/m}^2$

Obese :-  $30 \text{ Kg/m}^2$  & more

Ex:-

	<u>Height (cm)</u>	<u>Weight (kg)</u>
<u>1</u>	127	24.6 ✓
<u>2</u>	143	39.2 ✓
<u>3</u>	153	53.1
<u>4</u>	144	36.4
<u>5</u>	142	30.7
<u>6</u>	146	35.5

} H.W.

Ans:-

$$\underline{1} \quad H = 127 \text{ cm} = 1.27 \text{ m}$$
$$W = 24.6 \text{ kg}$$

$$\text{B.M.I.} = \frac{W}{H^2} = \frac{24.6}{(1.27)^2} \text{ kg/m}^2$$
$$= \frac{24.6}{1.27 \times 1.27} \text{ kg/m}^2$$
$$= 15.25 \text{ kg/m}^2$$
$$= \text{Under weight.}$$

$$\underline{2} \quad H = 143 \text{ cm} = 1.43 \text{ m}$$
$$W = 39.2 \text{ kg}$$

$$\text{B.M.I.} = \frac{W}{H^2} = \frac{39.2}{(1.43)^2} \text{ kg/m}^2$$
$$= \frac{39.2}{1.43 \times 1.43} \text{ kg/m}^2$$
$$= 19.17 \text{ kg/m}^2$$
$$= \text{Normal weight.}$$