

ANSWER SHEET

Look at the BMI centile charts for girls and boys aged 2-20 years and answer the following questions. These questions are focussed on older children to help you understand how healthy BMI varies with age and sex.

1. If an 8.5 year old girl has a BMI of 23, would she be healthy, overweight, or obese?

Answer: obese

2. If she maintains a BMI of 23, at what age would she become a healthy weight?

Answer: approximately 13.5 years

3. If a 6-year old girl has a BMI of 19, is she healthy, overweight or obese?

Answer: overweight

4. If a 6-year old boy has a BMI of 19, is he healthy, overweight or obese?

Answer: obese