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What is your body mass index?

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Summary: Billions of dollars are spent each year in efforts to prevent and treat diseases caused by unhealthy eating habits. Promoting awareness among young children regarding the importance of achieving and maintaining a healthy weight is crucial for preparing them to sustain healthy lives as adults. This article aims to highlight ways to help students determine a healthy weight and then use an interactive simulation as a tool to design a healthy eating plan, check its appropriateness on human health, and make informed decisions about their weight status to support a healthy lifestyle. The interactive simulation provides a fruitful learning environment in which students conduct explorations, get instant feedback, and connect ideas with real-world phenomena. An estimated 2.16 billion adults and 170 million children are overweight or obese. Body mass index (BMI) is a common way of identifying one's weight status. BMI is calculated by dividing one's weight in kilograms by the square of one's height in meters (kg/m^2). Promoting the awareness of maintaining healthy weight during childhood may help students live healthier lives throughout their adulthood. For this purpose, the authors developed an activity for upper elementary school students to make decisions about their weight status and design diet plans accordingly. (ERIC)

Classification: M60 U70

Keywords: activities; real-life problems; use of technology

http://www.nctm.org/Publications/Teaching-Children-Mathematics/2016/Vol22/Issue7/What-is-your-body-mass-index_/