



Nutrition is one part to a healthy lifestyle. The other is exercise and fitness. Fitness is what you do to look good and be healthy. Exercise is what you do to stay fit. Your weight is a way to track how fit and healthy you are.

A healthy diet + exercise a healthy lifestyle

The Body Mass Index (BMI) calculator helps you find what your weight should be. Use this calculator to set a weight that you want to be. From there, you can find out how many calories you need to reach this weight.

Daily Calorie Intake Low = Body Weight (pounds) x 14 Daily Calorie Intake High = Body Weight (pounds) x 17 Daily Calorie Intake Range = Body Weight (pounds) x 14 - Body Weight (pounds) x 17

For a more correct estimate of your Daily Calorie Intake, use the Mifflin-St Jeor equation online (http://www.calculator.net/calorie-calculator.html).

Calories are found in food. When you eat food, you gain calories. Physical activity burns calories. If you eat more calories than you can burn, you will gain weight. If you burn more calories than you eat, you will lose weight.

BMI = (weight (lb) \div height² (in)) x 703

CURRENT HEIGHT 60 Inches

CURRENT WEIGHT

130

lbs

BMI = $(130 \text{ lb} \div 60^2 \text{ in}) \times 703$ $BMI = (130 lb \div 3600 in) \times 703$ $BMI = 0.036 \times 703$

CALCULATE MY BMI

RESULTS: **BMI = 25.308 lb/in²**

Zoe is 15, weighs 130 lbs and is 5 feet tall. She feels overweight and out of shape. She uses the BMI calculator to find what her healthy weight range is.

Category	BMI Range - Ib/in²
Underweight	<18.5
Normal	18.5 – 25
Overweight	>25



Try it online:

http://www.calculator.net/bmi-calculator.html









Household Care: Cooking, Laundry and Cleaning

3. It's Elias' turn to clean the house. He has three rooms to clean: living room, bathroom and kitchen. He has the following things to help him clean:



Mop



Sponge



Vacuum



Dusting cloth



Glass Cleaner



Cleaner



Broom

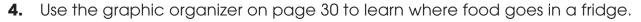


Gloves

Make a list of tasks for Elias to clean each room. The first has been done for you.

Living Room	Bathroom	Kitchen
Sweep the floor with	Clean the mirror with	Wash the sink with the
the broom.	the glass cleaner.	cleaner, sponge and gloves.

Graphic Organizer



How you store your food is very important. Some foods can be stored in a pantry. Most foods will need to be stored in a fridge or freezer.

Where you store your food in a fridge is also important. Follow the guide in the graphic organizer to learn how to properly store food in a fridge. Use the callouts to know how long each food will keep.







Emergency House and Car Kit

In an emergency, there's not always a lot of time to act. It's always a good idea to have a plan. Some people have plans set up in case their house is on fire. They practice these safe routes so when it happens, they are prepared. You might have done this at school during a fire drill.

Having a plan is good. It's also a good idea to have an emergency kit. Not many people think to have one of these. It is just as important as having a plan. This kit is something you have ready that has things you might need.

Do some research into emergency kits. Make a plan for a kit for your house and your car. Then, make your own emergency kit. Use a knapsack to hold the things that make up your kit. Update it every 12 months.

Some things to include:

- water
- non-perishable food
- cash
- emergency numbers
- wind-up radio
- flashlight
- whistle
- blankets
- clean change of clothes
- first aid kit



Keep in mind to have enough to survive for 72 hours. Present your emergency kit to a group. See what things you thought to include and why. See what things others thought to include and why.





















