

Balancing Act

Using arrows, match the situation with the factor that most likely is affecting the individual's body weight. Then, choose the best solution on how to reach a healthy body weight from the options in the last column. Remember that some situations are a normal part of growing and we cannot and should not control them.

Situation	Factor Affecting Body Weight	Solution
<p>SAMPLE:</p> <p>Ann is training for the track and field team. She has started running 2 km each morning.</p>	<p>Increased weight with growth spurt.</p>	<p>SAMPLE</p> <p>Healthy part of growing.</p>
<p>Chan is 12 years old. As usual, he has been eating according to Canada's Food Guide to Healthy Eating and staying active, but his weight has increased by 10 pounds.</p>	<p>Decreased food intake.</p>	<p>Decreased amount of "sometimes" foods eaten every day.</p>
<p>Amir has started baking cakes, cookies and pies every day. To test how tasty the baked goods are, he eats a large piece of every creation.</p>	<p>Increased height from growth spurt.</p>	<p>Increased food intake from Canada's Food Guide to Healthy Eating.</p>
<p>Yvonne has been very busy for the past month. She has school band practice every morning, works in the library during lunch hour, volunteers at the animal shelter after schools and plays soccer on the weekends. Lately, food has not been something that's on her mind.</p>	<p>Increased food intake.</p>	<p>Increase physical activity.</p>
<p>As a birthday gift, Rasheed received a computer. Now he sits at the desk and plays on it day and night.</p>	<p>Increased physical activity.</p>	<p>Healthy part of growing.</p>
<p>It seems as if overnight Tamara has become the tallest in the class. She is even taller than the teacher is.</p>	<p>Decreased physical activity.</p>	<p>Make time to eat according to Canada's Food Guide to Healthy Eating.</p>

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Situation	Factor Affecting Body Weight	Solution
<p>SAMPLE: Ann is training for the track and field team. She has started running 2 km each morning.</p>	<p>Increased weight with growth spurt.</p>	<p>Healthy part of growing.</p>
<p>Chan is 12 years old. As usual, he has been eating according to Canada's Food Guide to Healthy Eating and staying active, but his weight has increased by 10 pounds.</p>	<p>Decreased food intake.</p>	<p>Decreased amount of "sometimes" foods eaten every day.</p>
<p>Amir has started baking cakes, cookies and pies every day. To test how tasty the baked goods are, he eats a large piece of every creation.</p>	<p>Increased height from growth spurt.</p>	<p>Increased food intake from Canada's Food Guide to Healthy Eating.</p>
<p>Yvonne has been very busy for the past month. She has school band practice every morning, works in the library during lunch hour, volunteers at the animal shelter after schools and plays soccer on the weekends. Lately, food has not been something that's on her mind.</p>	<p>Increased food intake.</p>	<p>Increase physical activity.</p>
<p>As a birthday gift, Rasheed received a computer. Now he sits at the desk and plays on it day and night.</p>	<p>Increased physical activity.</p>	<p>Healthy part of growing.</p>
<p>It seems as if overnight Tamara has become the tallest in the class. She is even taller than the teacher is.</p>	<p>Decreased physical activity.</p>	<p>Make time to eat according to Canada's Food Guide to Healthy Eating.</p>