• Calories: A calorie is a measurement of energy your body receives from a certain food or drink.

• Saturated fat: Saturated fat is a fat that only contains saturated fatty acids radicals.

• Trans fat: Unsaturated fat that with trans-isomer fatty acids.

• Cholesterol: Fat that is found in your blood.

• Sodium: Metallic element.

• Carbohydrates: Large group of organic compounds that can be broken down to release energy in your body.

• Fiber: A thread of vegetable tissue.

• Sugars: Crystalline substance contained from plants.

• Protein: Large molecules composed of one or more long chains of amino acids

• Vitamin A: Vitamins essential for normal vision; prevents night blindness or inflammation or dryness of the eyes.

• Calcium: Soft grey metal that helps make strong bones!

a) Explain the difference between being overweight and being obese.
Being overweight is when you consume a lot of calories and fat and don't get enough exercise to burn off what you consumed. So you're body ends up storing it as body fat. Obese is the same thing except it is in a bigger proportion.

b) What are some reasons that people become overweight?
Some people eat too much unhealthy food, not enough exercise, eat too much (in general) and sometimes it even runs in the genes.

c) Explain how Body Mass Index (BMI) is used to determine if someone is overweight. Click on the blue link (on the website above) to access a BMI calculator.
It determines if someone is overweight by calculating the person's height and weight and putting them together. A BMI over 95 indicates that said person is obese, a BMI over 85 means that said person is overweight.

d) What are some health problems associated with being overweight? Highlight and explain 5 of them.

Asthma: Asthma cause you to have breathing problems making it hard to play sports, exercise etc.
Arthritis: Wear and tear on joints from being overweight can cause terrible joint pain at a young age.
Fatty Liver: When fat accumulates around the liver, it can cause permanent liver damage.
Blount Disease: A lot of weight on the bones in your legs can cause bone deformity.
High Cholesterol: High Cholesterol increases your chances of a heart attack.