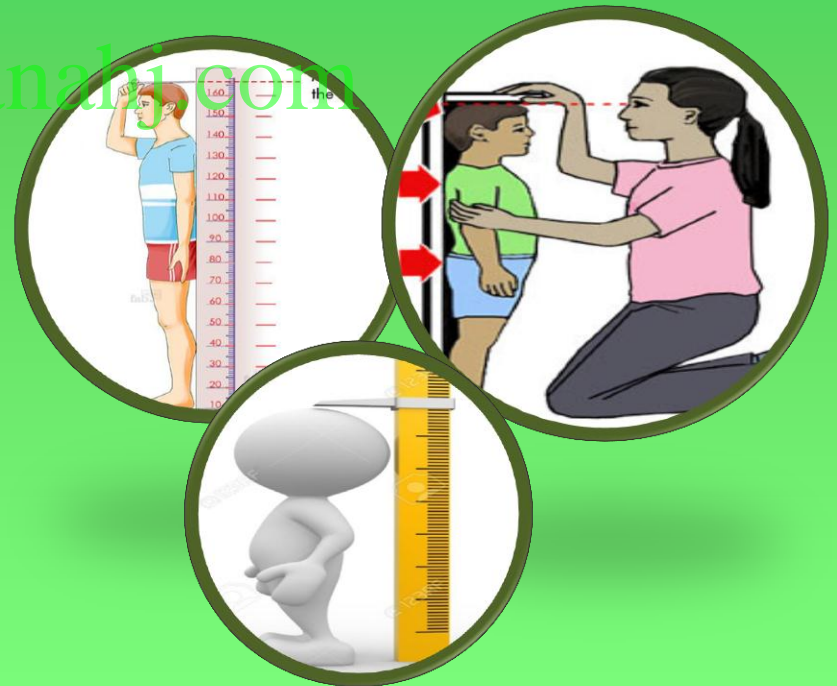


3 different
nutritional
assessments.

Done by: Rahaf
Grade: 12B



Measuring Height



Measuring height

1- Height is measured for children and adults from 2 years of age.

Steps of measuring height:

- 1- The height measure should be against a flat wall should be placed against a flat wall.
- 2- Not wearing shoes.
- 3- Standing straight with their back is against the height measure.
- 4- Their heels, back and head should be in contact with the height measure. They looking straight ahead
- 5- The top of the height measure will be lowered and the height reading can be taken.

Why measuring height is important

Measuring height accurately is important when monitoring an infant or child's health. Height measurement is used to calculate your body mass index, or BMI, a measure of healthy versus unhealthy weight. They are also important when tracking a child's growth.

BMI

Body mass index.



BMI

Is a measurement of a person's weight with respect to his or her height. It is more of an indicator than a direct measurement of a person's total body fat.

Steps of measuring :

1- Get the height in m² (meters squared). To get this, multiply the height by itself.

$$1.5 \times 1.5 = 2.25$$

2- Then, divide the weight by the height.

$$\frac{82(\text{weight in kg})}{2.25(\text{height m}^2)} = 36.4$$

3) Check the BMI result against category.

Why BMI is important

It can help a doctor determine your overall fitness and your risk of developing chronic diseases. Still, BMI is not the only factor your doctor considers, and it isn't a completely reliable assessment for every body type.

Body fat %



Body fat%

The body fat percentage (BFP): Body fat percentage is the percentage of fat in your body. It is calculated by dividing the total fat mass by total body mass and then multiplying by 100.

Steps to measure a child's length?

1. Calculate the amount of the person has on their body.
2. Work out the percentage of the body weight that is fat (body fat percentage).
3. Interpret the results.

Why Body fat% is important

Body fats help to maintain healthy skin and hair. To maintain the right body temperature, it is essential to have adequate body fat

The end.

lifestyle
ceramic
cooking
fit
diet
natural
healthy
low-fat
natural
lifestyle
fitness
food
cook
nutritious
low-fat
HEALTHY
ceramic
cooking
vitamins
nutrition
diet
LIVING
diet
ceramic
fitness
food
cook
fit
happy&healthy
delicious
vitamins & minerals
life
low-fat
cooking



Advantages

- 1- exact portions
- 2- Specific questions asked
- 3- Easy to complete
- 4- Open-ended we can set lots of detailed information

Disadvantage

- 1- You may eat food that are not listed.
- 2- Doesn't ask for the time of day.
- 3- You have to remember for 2 days if you forget you can complete the Dietary reoccur
- 4- Long time to complete.