

## Calculate your BMI

### Worksheet 1

Adapted from: <http://www.esldiscussions.com/w/weight.html>

## WEIGHT DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What images spring to mind when you hear the word 'weight'?
- 2) Do you worry about your weight?
- 3) Does your weight go up and down easily or is it usually stable?
- 4) How often do you weigh yourself?
- 5) What's your ideal weight?
- 6) Have you ever tried to lose or gain weight?
- 7) What do you think overweight people think of people who are anorexic (and vice versa)?
- 8) Should we learn about how to control our weight at school?
- 9) Do you know what your birth weight was?

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#### WEIGHT DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 1) Are you happy with your current weight?
- 2) What's the best way to lose or put on weight?
- 3) Do you think people worry too much about their weight?
- 4) Is your partner's weight important to you?
- 5) Why is almost everyone's new years resolution to lose weight?
- 6) Are you worth your weight in gold?
- 7) Do men or women worry more about their weight?
- 8) What problems do overweight and underweight people have?
- 9) Why do you think people are secretive about their weight?