Skills Worksheet

Reteaching

Section: Maintaining a Healthy Weight – Pgs. 196-201

PART I

Answer the following questions in the spaces provided.

 1. Give one example of a way that heredity influences body size. Give another example of a way that lifestyle influences body size.

 2. Give three examples of dangerous weight-loss practices or products.

Part II

Using a colored pen, trace the correct path from “Start” to the weight-control goal.

